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AMERICAN SURVIVAL

The Magazine of Self Reliance

GUIDE

AUGUST 1999 VOL. 12 NUMBER 8
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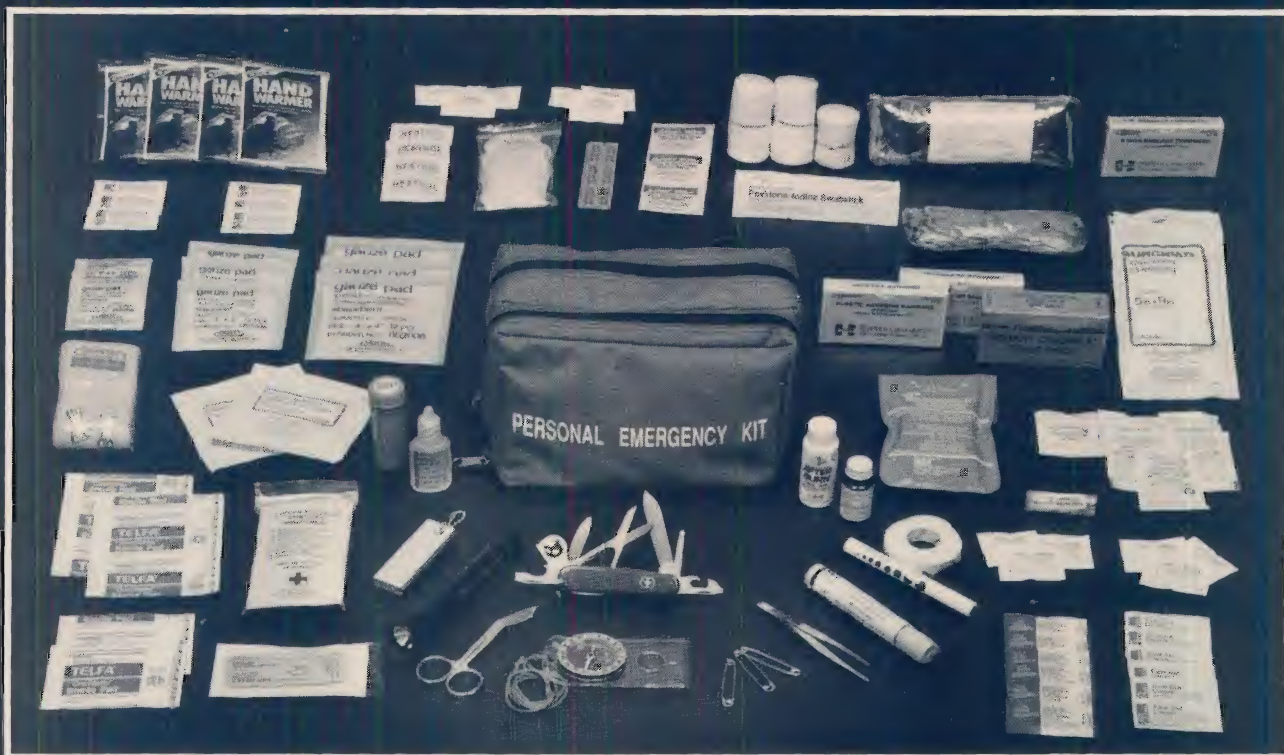
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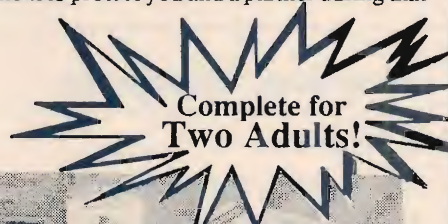
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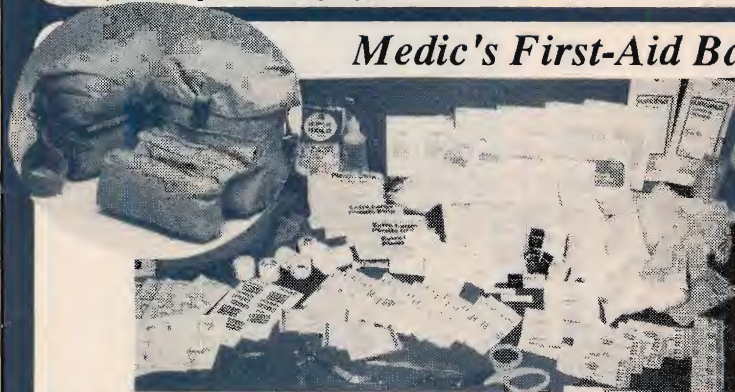
- | | |
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| 1 Durable nylon pack (water resistant) | 1 2-Person Comfort Kit (handsoap, 2 toothbrushes, toothpaste, comb, tissue, sanitary napkins, razor) |
| 2 Single person three day food packs (Three complete meals a day with MRE entrees for lunch and dinner. There is an assortment of other foods including drinks and dessert for every meal. Utensils, cups, and napkins are provided.) | 1 Complete Sewing Kit |
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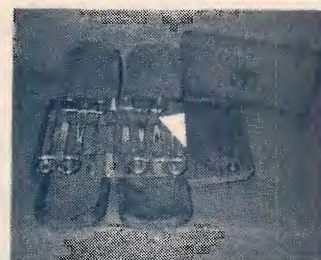
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AMERICAN SURVIVAL

The Magazine of Self Reliance

GUIDE

AUGUST 1990 VOLUME 12 NUMBER 8

COVER:
Heckler & Koch's new SP89 9 millimeter semi-automatic pistol is a handgun variant of the HK94 Carbine. See page 24 (photo by Scott Stoddard).

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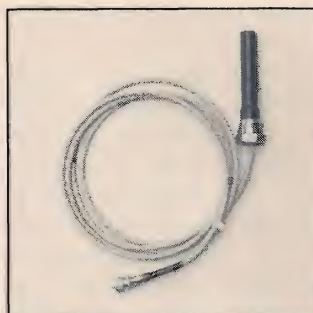
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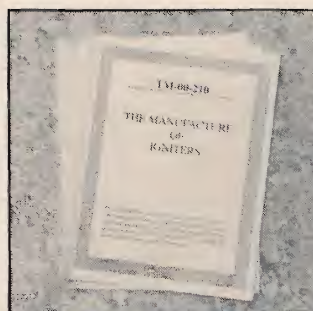
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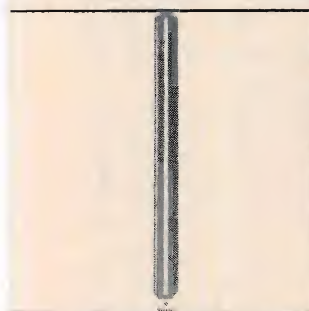
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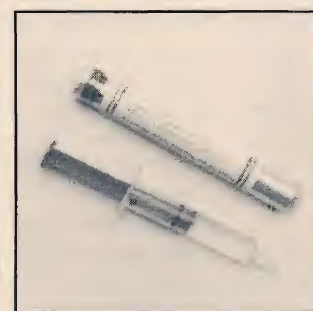
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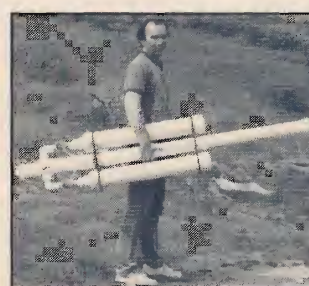


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The conspiracy

to take away

our guns. . .

IS there a conspiracy to strip Americans of their firearms?

Absolutely. The evidence is widespread.

The immensely powerful political left in this country, with the indispensable aid of most of the nation's press and entertainment media (Hollywood), is brainwashing the American public with a massive propaganda campaign against private firearms ownership. Step by step, our rights to lawfully possess and use guns are being eliminated.

What is most upsetting is how the anti-gun propagandists have rewritten the Constitution, denying any right to own guns. The only reason for having guns is for "legitimate" sport target shooting and competition and for hunting or collecting, we're told, over and over. And of course the gun prohibitionists are working vigorously to ban hunting as cruel and sick. And target and competition shooting and collecting? Well, how in the world can these be justified when "police are being outgunned" and murdered all over the country by heavily armed drug dealers and street gangs?

These lies are being endlessly repeated as part of the dogma of the gun prohibitionists in the media and government.

But these ARE NOT the real reasons for owning guns. The real reason the people were granted the express right to keep and bear arms is to defend their homes and families and this nation against crime and against tyranny, tyranny from without or tyranny from within this nation. And this is the real reason the conspirators behind the anti-gun movement are so adamant about taking away our guns. Because with their socialistic ideals of ever bigger, more powerful government and ever diminished individual rights (Not for themselves of course, for you and me — the "common" people), they mean to impose tyranny on us.

A good example of how the powerful political left works can be seen in the recent approval by the U.S. Senate of the anti-crime bill provision of the

Democrat Arizona Senator Dennis DeConcini to outlaw more than a dozen types of semiautomatic "assault weapons" which are, it is asserted, "most frequently used in drug-related crime," according to DeConcini's staff. These weapons include the Beretta AR-70 and Israel Military Industries Galil rifles. I doubt there are any solid statistics indicating that these weapons — or certainly many of them — are "the chosen weapons" of the supposedly all powerful drug dealers and street gangs. And no such statistics have been cited by the gun control lobby. By weight of sheer emotionalism ("Police are being outgunned!" "Babies are being murdered!" etc.) the political left succeeded in convincing barely enough senators (50) to vote for DeConcini's amendment to the "anti-crime" bill.

Some police groups have lobbied heavily for the DeConcini and other anti-gun legislation and it is understandable that some law enforcement people are fearful of facing well armed criminals. Police work is dangerous business. However, it is absurd to believe that criminals will choose less powerful weapons merely because a few types—many of which are rarely found in criminal hands anyway—are outlawed for private ownership. When this doesn't work, the anti-gun forces will demand that still more types of guns be banned, and on and on the process will go until all guns are outlawed, and still the criminals will get the firepower they want. But you and I will be defenseless — which is the real reason behind the gun control mentality.

So pervasive and powerful is the conspiracy to eliminate firearms ownership that many ordinary citizens and government officials are following along, swallowing the twisted logic of the gun prohibitionists hook, line and sinker.

I was outraged, but not all that surprised, when I learned that our supposedly "conservative" Republican senator from California, Pete Wilson, voted for the DeConcini measure in the Senate. Wilson had appeared to have been wavering but in the end he revealed his true feelings about fire-

arms ownership. Had he not voted in favor of the bill, it would not have passed, as the vote was 50 for and 49 against. Here in California and across the nation, with few exceptions, Republicans overwhelmingly oppose draconian gun control measures such as this. But Wilson has never been pro-gun, as I understand it. Indeed, he gave a strong indication of how he would vote on the matter when last year during the hysteria following the Stockton school yard shootings, he appeared on a television news program and declared that the National Rifle Association was guilty of "ideological zealotry" for opposing bans on semi-automatic firearms. There is a constitutional right to keep and bear arms, Wilson said, "but not weapons of war." What about the Government Model 1911A1 pistol? The M1 Garand and M1 Carbine? What about the Springfield 1903 Rifle? Aren't these weapons of war? I wrote the good senator about this but he did not see fit to answer my letters.

I am a registered Republican who has voted in the past for Wilson. At this point I don't plan to vote for him again. I cannot now endorse Wilson's candidacy for California governor, nor for any other office. I urge all California gun owners to refuse to vote for Wilson again unless he changes his attitude about anti-gun-ownership legislation.

The people of California are better off with an openly leftist governor and senators rather than leftists masquerading as conservatives and Republicans.

I urge all gun owners nationwide to GET INVOLVED in the political process before it's too late and work to defeat anti-gun politicians and elect pro-gun government officials at all levels. Wake up to the danger. Get out and let your views be known. Contact your government representatives and let them know you oppose anti-gun-ownership laws. No one is opposed to sensible laws and proposals to reduce and eliminate crime, but this is not what's happening. We are in grave danger of losing our freedom. Let's get to work — *Jim Benson*.

TO THE POINT

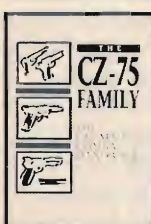
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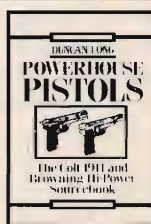
TO RIDE, SHOOT STRAIGHT, AND SPEAK THE TRUTH

by Jeff Cooper

Combat mind-set, trigger control, tactical residential architecture, nuclear war – these are some of the provocative subjects explored by Jeff Cooper in this illustrated collection of essays. Cooper, a combat pistol shooting master and the nation's foremost instructor of defensive weaponcraft, squarely faces the facts of modern life and concludes that the armed citizen is the correct answer to the armed sociopath. He insists that the Age of The Wimp is not our destiny. To that end, **To Ride, Shoot Straight, and Speak the Truth** focuses primarily on shooting – technically, socially, sportively and historically. Learn why knowledge of personal weapons and skill in their use are necessary attributes of any man who calls himself free. 5 1/2 x 8 1/2, hardcover, illus., 384 pp. **\$26.00**



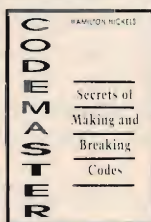
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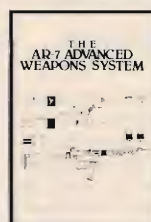
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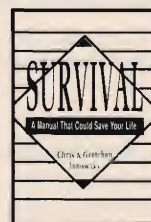
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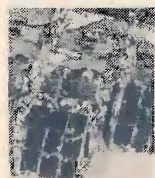
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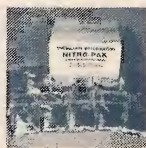
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SURVIVAL LINE

*Federal judge strikes down Oakland's
'nuke free zone,' earthquake bulletins coming,
home AIDS testing. . .*

IN February 1990 issue of ASG, Survival Line reported that the U.S. Justice Department had decided to challenge an Oakland, California, ordinance which declared the locality a "nuclear free zone." This ordinance, which was one of the strongest such statutes in the nation, was approved by Oakland voters in 1988. Among other restrictions, the ordinance prohibited the transportation of any nuclear materials through the city including those destined for the Alameda Naval Air Station, which serves as the supply depot for the U.S. Pacific Fleet. The ordinance also prohibited companies from doing any nuclear weapons related research or design work within city limits.

A federal district court recently struck down the Oakland "nuclear free zone" ordinance. In issuing its ruling the court agreed with the Justice Department that the ordinance interfered with the constitutional authority granted to the federal government over matters of national defense and atomic energy.

Justice Department officials note that the Oakland ruling could have broad implications for the 100 or so other localities across the country which have passed similar "nuclear free zone" statutes.

Earthquake Bulletins—Earthquake bulletins may soon become a standard part of TV and radio news shows through the state of California because of a new computer modeling system which, its inventors say, is capable of predicting the probability of major earthquakes within certain time frames.

The new mathematical computer model was announced at a recent meeting of the Seismological Society of America. Its inventors, Lucile M. Jones of the U.S. Geological Survey and Duncan C. Agnew of the University of California at San Diego, say they have succeeded in gathering enough data on the geological fault system in California to allow their model to predict, to some degree, the probability of a

quake of 6.5 or higher on the Richter scale within certain brief time periods.

Home AIDS Testing—Over the past few years, American consumers have seen a wide variety of home medical test kits come onto the market. The one home test kit that they have not seen, however, is the home AIDS test kit. This is because, up to now, the Food and Drug Administration, FDA, had refused permission for the marketing of such kits. The FDA has cited two reasons for its ban on home AIDS test kits. First, the reliability of the test results from such kits, and second, the perceived problems with counselling by telephone, those who test positive.

It seems now, however, that the FDA will very soon reverse its ban of home AIDS test kits, and that very shortly thereafter consumers will begin to see them on store shelves. The FDA has announced that it is now considering applications from manufacturers who wish to market the kits.

The reversal of the long time ban on home AIDS test kits is a result of a number of factors, say FDA officials. Among them are the availability and effectiveness of the drug AZT in treating AIDS patients, and the fact that millions of Americans currently get other vital medical test results by phone.

Likely to be among the first kits on the market is one manufactured by University Hospital Laboratories, Inc. The kit will contain a sterile lancet for drawing blood, filter paper used for absorbing the blood sample, a shipping container and prepaid shipping envelope, instruction booklet, and a toll-free number to call for obtaining the test results. The test will be anonymous since each kit will contain a code number which the patient will use in obtaining the results by telephone. Those testing positive will receive counselling when they call for their test results. The test is basically the same as that used by health centers and private physicians so the reliability of the test results should not vary. ●

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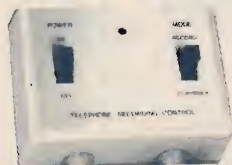
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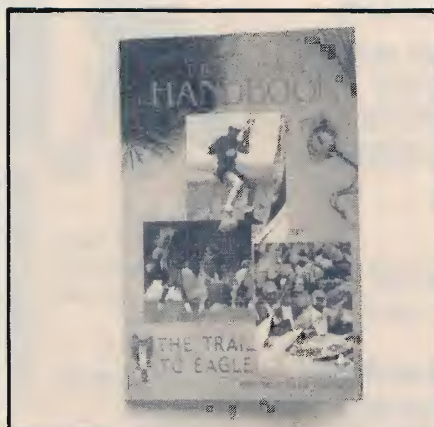
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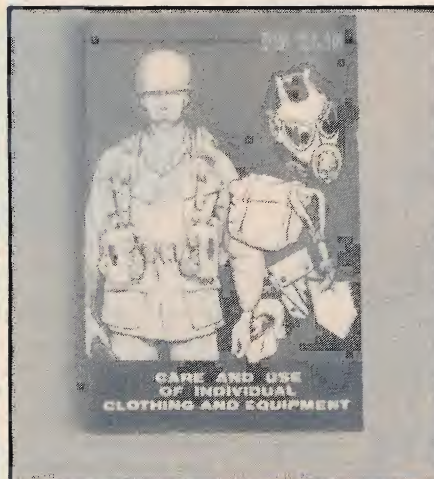


The Boy Scout Handbook, 10th Edition, Boy Scouts of America, 1325 Walnut Hill Lane, P.O. Box 152079, Irving, TX 75015-2079. Available at your local Council Scout Shop; 662 pages, softcover, \$5.26.

Why would a survivalist want a copy of the Boy Scout Handbook in his survival library? Isn't this book only for kids? For one thing, many adults who have never been a part of the scouting movement would do well to learn the

simple outdoor skills outlined in this manual. How many times have you been on a camping trip and have recognized someone who obviously doesn't know the first thing about starting a fire, selecting a campsite, cooking over an open campfire, or tying knots or lashings? If you fit into the "tenderfoot" category of inefficient campers, you might consider catching up on your scouting skills. This new 10th edition uses a lot more color photography to illustrate these basics. Because of America's increased interest in camping and outdoors activities, the handbook has expanded the outdoor emphasis and includes new sections on low-impact and no-trace camping. There's also a new 24 page tear-out booklet included to help parents protect their children from child abuse and drug abuse. Even though the first handbook was published before World War I, it still contains some good, simple rules for living: Be prepared. Do a good turn daily. Be trustworthy, loyal, helpful, and so on...

Care and Use of Individual Clothing and Equipment, FM 21-15, Department of the Army Field Manual.



Available through SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Gardena, CA 90248; (213) 324-8855 or outside California (800) 533-7415. 218 pages, softcover; \$7.95 plus \$2 shipping.

This manual includes general instructions for cleaning, pressing, mending and storing items of the military uniform. Uses of bivouac equipment such as shelter half, sleeping bag, and poncho are discussed as well

as the methods of assembling, packing, and using load-carrying equipment. Learn how to care for canvas equipment, the proper methods of cleaning and stain removal. Detailed sections cover the Alice pack, proper arrangement for ammo belt, suspenders, butt pack, ammo pouches, canteens, etc.



Knife and Tomahawk Throwing for Backyard Recreation, a video by Harry McEvoy. Ryuko Productions, P.O. Box 22, Tiger, GA 30576; (404) 983-3111; VHS, 34 minutes; \$31 postpaid.

Harry McEvoy, the designer of Tru-

Balance throwing knives, demonstrates proper knife throwing techniques in this well-made, professionally produced video. He discusses the different types of throwing knives and their uses and covers the subjects of targets, proper distance from target, number of spins, and release techniques. The use of the tomahawk is also shown. Harry explains, "once you get the fundamentals down, it's like riding a bike, you never forget."

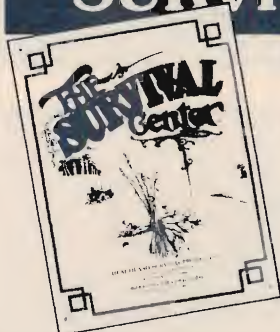


SEALS, UDT/SEAL Operations in Vietnam, by T.L. Bosiljevac. Paladin Press, P.O. Box 1307, Dept. ASG, Boulder, CO 80306; (303) 443-7250; 260 pages, hardcover; \$24.95 plus \$3.50 shipping.

Underwater demolition Teams (UDTs) played a crucial role in the Vietnam conflict carrying out reconnaissance missions; mapping coastal waters and landfalls, harbors, canals, and river deltas; and providing amphibious support to other military units. Following the success of the early UDT missions, the teams branched out into other land warfare roles not normally characterized by the term *frogmen*. A derivative of the UDTs, the Sea, Air, Land Teams (SEALs) drew their name from the elements by which they infiltrate, operate, and melt away. These highly trained navy commando units gathered intelligence, raided Vietcong strongholds, staged ambushes, captured VC prisoners and supplies, and created havoc in the enemy's rear areas. This authoritative account provides glimpses into the inner workings of the Navy Special Warfare community in the Vietnam era, and details the men and the missions of its unique fighting forces.

(Continued on page 43)

SURVIVAL SUPPLIES



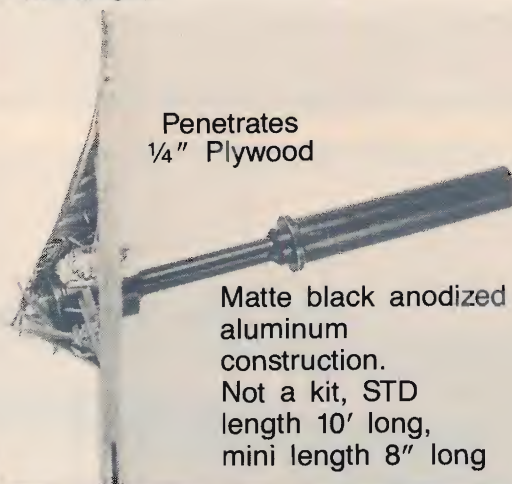
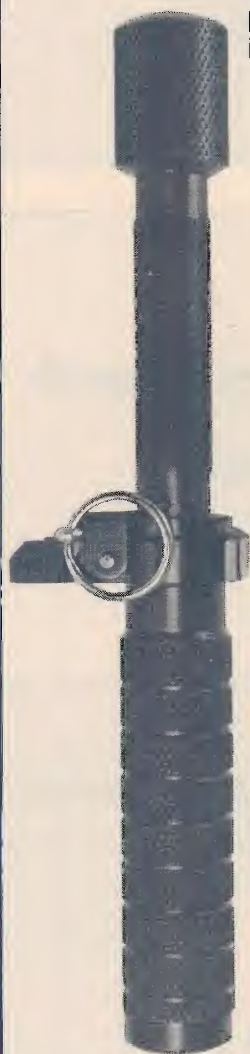
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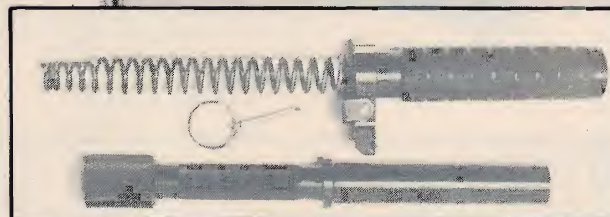
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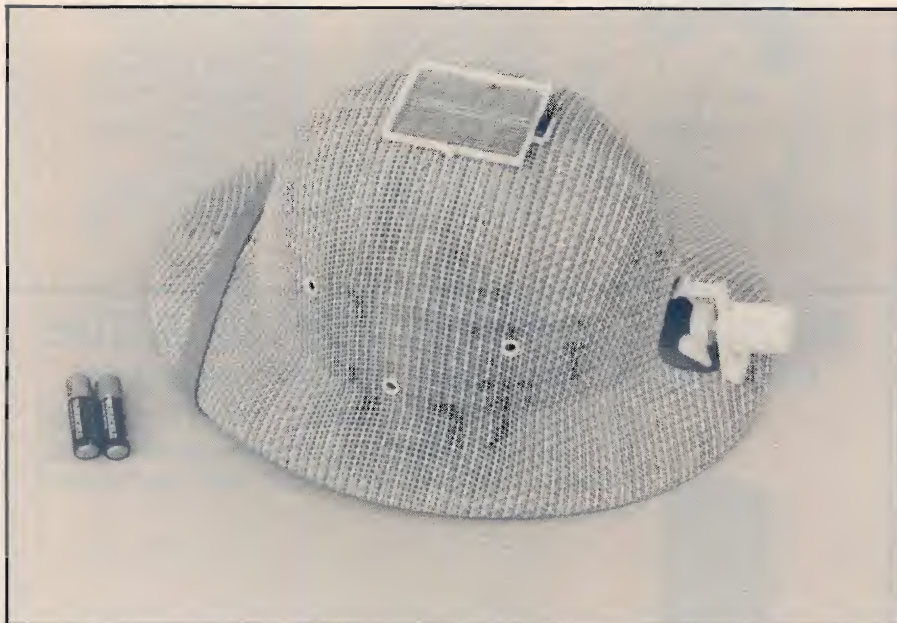
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The MKM #684 Bolo and #685 N.E.K. are finely crafted pieces from Italy using modern techniques with hand-crafted European skills. The #684 Bolo will cut brush, chop wood or dig a trench and has a hefty constructed Bolo design. Handles are black Micarta. The nine-inch blade has a brass guard. The #685 N.E.K. is currently being used by the Italian Navy in helicopters as an emergency knife. This massive bowie is 13 3/4 inches long with an 8 3/4-inch blade. Both knives come with a high quality leather sheath. For more information, contact: Catocin Cutlery, P.O. Box 188, 17 South Main Street, Dept. ASG, Smithsburg, MD 21783; (301) 824-7416.



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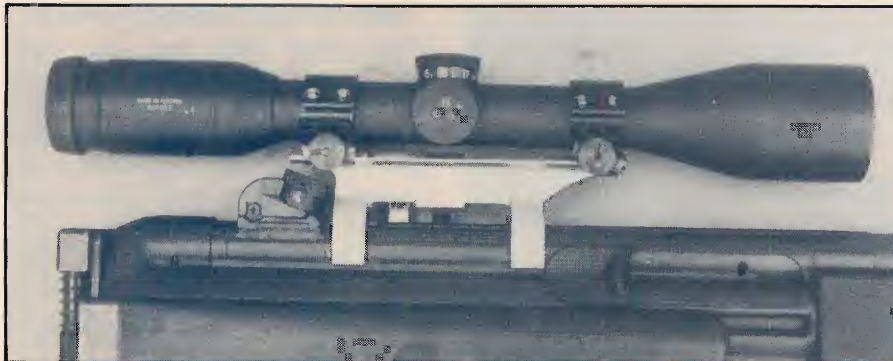
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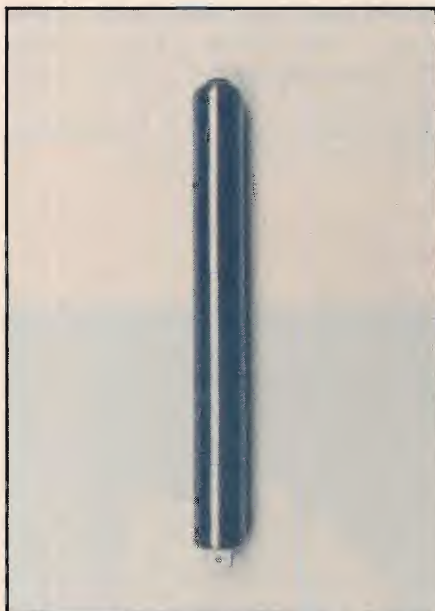
and weighs 12 pounds. Also features a junction box that is element proof to protect hook up terminals. Guaranteed for 13 years from date of purchase by the manufacturer. Price is \$499 plus \$8 shipping. Two panels are \$950 postpaid. A Voltage Charge Controller is available for \$85 with purchase of solar panel. This controller will monitor up to 8 amps to prevent overcharging and possible damage to expensive batteries. Controller wiring plans are enclosed. SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or (800) 533-7415 outside California.

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Portable Chemical Toilet

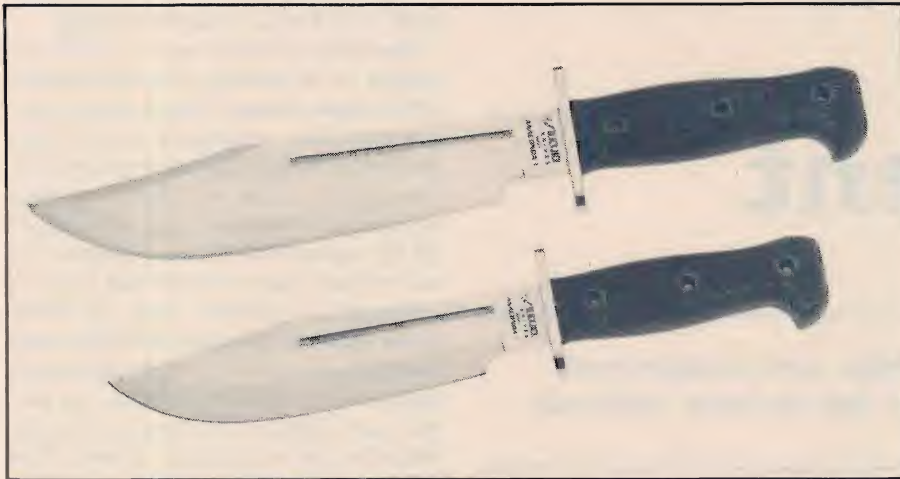
The Hassock portable chemical toilet is made of durable, easy-to-wash polyethylene. It features a removable interior waste bucket with sturdy handle for easy carry and disposal, remov-

able molded toilet seat, inner lid with toilet paper holder which acts as a splash cover, and recessed sure grip handles in shell. Just pour one capful of the special chemical deodorant into a half gallon of water in interior waste

disposal container. Agitate thoroughly. When toilet is full, empty contents into sewage system or slit trench. Kit includes one bottle of chemical treatment. The Hassock is \$35 plus \$4.95 S&H or two for \$75 postpaid (48 states) from SI, Dept. ASG, 435 W. Alondra, Gardena, CA 90248; (213) 324-8855 or 8859; toll free outside California (800) 533-7415.

Anaconda Bowies

Blackjack's "Iron Mistress" bowies, the Anaconda I and Anaconda II, are now available. Ground from ¼-inch thick specially blended 400 series high carbon stainless steel. Handles are non-slip Kraton. Specs: Anaconda I overall length is 13 inches; blade length is 8 inches. Weighs one pound three ounces. Retail price is \$79.95. Savage Edge price is \$69.95 postage paid. Anaconda II overall length is 15½ inches. Blade length is 10¼ inches. Weight is one pound, thirteen ounces. Retail price is \$99.95. Savage Edge price is \$89.95 postage paid. Contact: The Savage Edge, 270 Mendon Road, Dept. ASG, South Attleboro, MA 02703; (508) 399-7535. (C.O.D. orders and money orders accepted.) Free 96 page cutlery catalog available upon request.



40-Hour Candle

This 40-hour emergency liquid candle is safe for indoor or outdoor use and is made so it won't tip over easily. It has a gasketed screw-on cap so you can stop using it anytime and store it for future use. It is odorless, smokeless, economical and trouble free. It uses wax liquid as fuel. Weighs only 6 ounces. It's ready to use anytime. Price is \$3.95 each plus \$2.25 S&H or 6 for \$15.95 plus \$4.75 S&H from NITRO-PAK Survival Foods & Supplies, Dept. ASG, 13243 E. Rosecrans Ave., Santa Fe Springs, CA 90670; (213) 802-0099.



Swedish Bayonet

If you like knives, appreciate quality workmanship or are just looking for a dependable hunting knife, this bayonet, made approximately in 1945, features a full steel scabbard and checkered handle grip. The double edge 8½-inch blade has a blood groove and an overall length of 13 inches. Includes original leather belt holder. Price is \$29.95 plus \$2 shipping. Two bayonets sell for \$52 postpaid. SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or outside California call (800) 533-7415.

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Tac-Line provides instant one hand operation for dispensing parachute cord. Machine packed with 50 feet of 550 pound test parachute cord, Tac-Line can be carried on the hip, mounted on a pack or stored in a vehicle or tool box. Carrying case includes mounting clips for web gear and can be mounted for left-hand operation. A knot tying chart on the case allows the user to refresh his/her memory and choose the most effective knot. Incorporated in the case is a razor sharp blade for easy



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cutting. A line indicator shows when there is approximately 25 feet of cord remaining. When Tac-Line is empty, simply load a new cartridge of parachute cord. For more information contact: Tac-Line Inc., P.O. Box 441, Madison, OH 44057-0441; (216) 428-4874.

(Continued on page 64)



Advanced Medical Equipment

Without proper knowledge and equipment, correcting medical problems can be very difficult. . .

By Mathew Brasic

PHOTOS BY DAVID MAYES



Pure oxygen, here administered by means of a non-rebreather mask, can keep a patient with a severe injury, such as the simulated gunshot wound to the chest shown here, alive during transport to a hospital for surgery. An occlusive dressing has been placed over the wound.

The author is a part-time EMT and works with the local Search and Rescue unit where he lives in Kansas — The editors.

MEDICAL care is frequently overlooked as part of a survivalist's preparations. A group or individual may spend thousands of dollars on firearms, vehicles, or even explosives, but have only a simple first-aid kit for dealing with the medical emergencies that could result from the misuse of firearms, vehicles, or explosives.

For a survivalist in a post-disaster situation, dealing with medical emer-

gencies would be especially difficult as there would be a tremendous shortage of doctors and surgeons, so a medic in a group must have the knowledge and equipment to be able to stabilize a patient for an extended period of time, if not correct the ailment. Correcting medical problems can be extremely difficult without proper knowledge and equipment, so I strongly recommend that a group send a member through EMT (Emergency Medical Technician) or at least First Responder training.

This article deals with some equipment that the trained medic may wish

to acquire, and a rough outline for the usage of such equipment. Untrained individuals should not attempt to use this equipment.

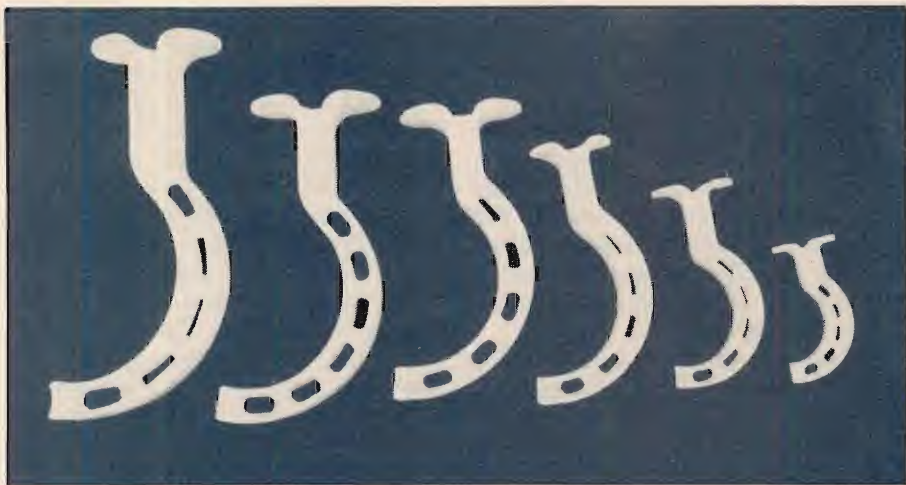
The first items in the advanced medical kit are artificial airways, and there are two types of these: Oral (oropharyngeal) and nasal (nasopharyngeal).

The primary function of an artificial airway is to prevent the obstruction of the upper airway (throat) by the tongue and allow passage of air and oxygen to the lungs. Oral airways are hollow plastic tubes or I-beam shaped structures designed to lift the tongue off the back of the throat. An oral airway should only be inserted into an unconscious patient, since it could cause vomiting or spasming of the vocal chords in a conscious or semi-conscious patient. If incorrectly placed, the airway may displace the tongue into the pharynx and occlude the airway. The sizing of the oral airway is accomplished by choosing the airway which has a tip that touches the patient's earlobe when the upper end is placed at the corner of the mouth. The mouth is then opened via the tongue-jaw lift, the airway started perpendicular to the throat, then rotated into anatomical position as it is placed.

The nasal airway has the same function as the oral airway, except this airway is inserted through the nostril. Nasal airways are useful when the conscious or semi-conscious patient cannot maintain an airway, and nasal airways aren't as likely to stimulate vomiting as are oral airways. Nasal airways are extremely simple to insert. Merely choose the correct size (as with the oral airways above, except measure from nostril to earlobe), lubricate with a water-soluble lubricant, choose the larger of the patient's two nostrils, and gently slide it in.



The simple mask, left, and the non-rebreather mask allow the patient to breathe oxygen-enriched air, combating hypoxia.



Oral airways are designed to keep the tongue from occluding the airway.

A set of reusable oral airways costs approximately \$18, and a set of disposables (may be reused once or twice if sterilized), is about \$5.95.

Most all equipment (including plastic syringes) can be sterilized by soaking them in a 10:1 bleach solution. That is 10 parts water to 1 part bleach. Soak the equipment for at least 10 minutes, then rinse in warm water and allow to air dry.

Nasal airways, though simpler, are inexplicably more expensive, at nearly \$25 a set.

Another important item that is expensive, but nearly worth its considerable weight in gold in an emergency, is an oxygen tank. Oxygen is used to combat hypoxia (under-oxygenation) in various situations, such as myocardial infarction (heart attack), pulmonary edema (fluid accumulation in lungs), acute drug overdoses, pulmonary burns, strokes, chest injuries, and, very importantly, shock.

Normal air contains about 21 percent oxygen. There is no detrimental effect to the body from breathing pure oxygen, unless it is breathed for a protracted length of time, such as several weeks.

Delivery systems for oxygen include the nasal cannula, which delivers oxygen to the patient through two small tubular prongs that fit in each nostril. The flow rates for nasal cannula are 1 to 6 liters per minute, which translates to 24 to 40 percent inspired oxygen, respectively.

Simple face masks are capable of inspired concentrations of 40 to 60 percent oxygen, when set at flow rates of 6 to 10 liters per minute.

Mask-and-bag systems are similar to the simple mask, yet vary in that, with a reservoir bag and valve system,

inspired concentrations approaching 100 percent can be attained. Oxygen is collected in the reservoir bag during the patient's exhalation (due to valves, exhaled carbon dioxide is not mixed with oxygen in reservoir bag), so that upon inhalation, nearly pure oxygen is inhaled. Flow rate is determined as whatever keeps the reservoir bag full.

If intended for long-term use oxygen must be humidified, as excessive drying of the mucous membranes of the mouth, nose, and lungs can interfere with respiration.

The above oxygen delivery devices are for patients who are capable of spontaneous respirations. There are two emergency-type devices to ventilate patients who cannot breathe sponta-



The Bag-Valve-Mask (BVM) is used to ventilate a patient who has no spontaneous respirations. It is used in conjunction with oral airways.

taneously.

The first are demand-valve/manually triggered oxygen powered ventilators. Anyone with scuba experience is familiar with these devices, as they are nearly the same as the second-stage regulator of a scuba outfit. Demand valves/positive pressure ventilators are simply valves that allow the operator to let tank pressure push oxygen into the patient's lungs. The difficulty with this device is, for fear of over ventilating the patient, the operator may not trigger the valve for a long enough period of time to deliver sufficient oxygen to the patient. This fear, for the most part, is unfounded, as most demand valves have a pressure-relief valve to prevent over ventilation.

The bag-valve-mask (BVM), consists of an inflatable-deflatable bag, a valve that incorporates an exhaust port, an oxygen inlet, an interface between bag and mask, and finally, a face mask. The bag is of pliable plastic, and holds about 1200 to 1600cc of gas. These devices allow the operator to regulate the pressure and speed of the inspirations. Virtually all BVMs are equipped with a reservoir bag that allows an oxygen concentration of nearly 100 percent. Without this reservoir bag, the BVM delivers about 50 percent oxygen through the normal inlet, and delivers normal air (21 percent oxygen) if no supplementary oxygen is available. With the BVM, it is important to maintain a tight mask seal around the patient's nose and mouth, as an incorrect seal will cause oxygen leakage and may cause insufficient ventilation of the patient. When used during two-rescuer CPR, the patient is ventilated after the second and fifth chest compression. The ventilation after the second compression probably will not be a full ventilation, but every little bit helps. Of course, the person doing chest compressions pauses after the fifth compression to allow the patient to be fully ventilated. This technique is more effective than the standard mouth-to-mouth in CPR for two reasons: nearly 100 percent oxygen is being administered, and the breath after the second compression adds approximately 25 percent more oxygen than ventilating only after the fifth compression.

A "D" size steel oxygen cylinder holds 320 liters of oxygen, fits in a duffle bag, and costs about \$65. An "E" size cylinder holds 560 liters, and costs \$95. A regulator for the tank is also necessary, and costs about \$110. These devices merely reduce the 2,000psi tank

Advanced Medical Equipment

pressure to a manageable level. Simple masks, nasal cannula, and mask-and-bag systems all cost under \$2 a piece. Demand valves/positive pressure ventilators are expensive, at \$150 to \$200. The versatile BVMS can cost as much as \$150 for a high-quality unit and are well worth the investment. If a reusable BVM is too costly, disposable (see above for comment on "disposability") versions are available at \$19. Humidification systems cost about \$26 and a disposable system is available for \$6.

If all of the above equipment's cost is added together, it turns out to be a fairly reasonable amount, if the disposable equipment is purchased, along with the "D" size oxygen cylinder; the total is about \$240. That is really an investment that you can't go wrong with, provided it is used by capable individuals. Coupled with a good first-aid/trauma kit, this equipment is an advanced, comprehensive medical kit complete enough to handle nearly any emergency until more advanced help can be sought.

Veterinary Supplies — But not all medical problems treated by the medic will be emergency/trauma type situations. Infections, burns, and diseases will present some long term problems for the survival medic. These problems are best treated by a doctor with prescription drugs, but what do you do without a doctor or pharmacies? If a medic is really dedicated, willing to spend much of his/her spare time to learn, proper treatment may be given using veterinary supplies.

Most of the drugs that you can purchase over-the-counter at a veterinarian supply store are the same purity as their human counterparts, and often available for a substantially small price. For example, Procain Penicillin G (Penicillin mixed with Procain, a pain killer) is available for about \$8 per 250cc. Procain Penicillin G is injectable IM (intra-muscular). IM injectable drugs are easier to inject than IV (intravenous) or Subcut (subcutaneous), as one can use any mass of muscle as an injection point, rather than learning the technique required for starting an IV line to give intravenous injections.

Needles and syringes may also be purchased at a "feed and seed" store. Syringes come in several sizes, but a

10cc size will suffice for most situations. Needles come in varying lengths and gauges. The smaller the gauge number, the larger the needle. For example, a 22g needle is smaller than an 18g. For the injection of Procain Penicillin G, which is fairly thick, an 18 or 20 will do.

According to the 15th edition of the *Merck Manual* (an invaluable tome to the medic), a dosage of 600,000 units of Procain Penicillin G twice per day will suffice for most penicillin-susceptible infections. The packaging containing the Procain Penicillin G will include a brochure detailing the number of units per milligram, and other useful information such as expiration dates.

Oral Tetracycline or Oxytetracycline is available for a similarly low price. Tetracycline and Oxytetracycline are virtually the same. These antibiotics

can save lives in cases of everything from infected wounds to anthrax, including most venereal diseases. They also will take the place of penicillin in the event that the patient is allergic to penicillin. Tetracycline is available in injectable or in oral form. The oral form is most commonly available in 100 or 25 tablet bottles, having a shelf-life of about three years.

The 25 count bottle costs approximately \$8 and the 100 count costs about \$25. The injectable Tetracycline has the advantage over penicillin in that it does not need to be refrigerated. The dosage for oral Tetracycline (again, according to the *Merck Manual*), is usually 250 to 500mg every six hours given orally.

In cases of open wounds, pinkeye powder used for cattle is an excellent medicine to encourage the healing process. Contained in the powder is sulfa, an antibiotic, an anesthetic, and an antiseptic. Care must be taken to insure that too much is not used as this will cause the wound to fester, and will inhibit healing. Clean the wound, removing any dead tissue, and dust lightly with the powder.

An excellent book which details the uses of veterinary medicines and equipment for human use is *Survivalist's Medicine Chest* by Ragnar Benson, published by Paladin Press.

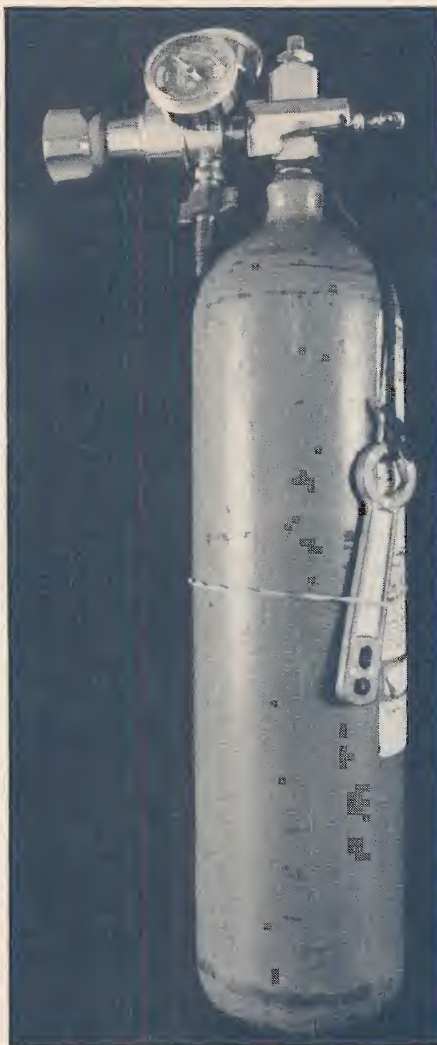
Another book that is virtually a must is the *Merck Manual*. This book details the causes and treatment of a plethora of diseases and injuries. At about \$22 it's an invaluable aid.

I must add that all the above drugs *must* be administered only by *competent* and *trained* persons. The improper administration of drugs could kill.

Medics, if they are to deal with lives in such a manner as this, must be a breed apart. They must be knowledgeable, dedicated, and calm under pressure. A good medic is one of the most useful members of a group. It is suggested that the medic take on an "apprentice," that is, someone to help in multiple casualties, or when the medic him/herself is injured.

Below are several medical supply companies from which the above equipment may be ordered. Vet supplies can be found at any rural "feed and seed" store.

Life Support Group, 708 Industry Road, Longwood, FL 32750; Armstrong Medical, P.O. Box 7, Northbrook, IL 60065-0007; Dyna-med, 6300 Yarrow Dr., Carlsbad, CA 92009-1597; Dixie U.S.A. Inc., P.O. Box 55549, Houston, TX 77255. ●



The "D" size oxygen cylinder holds 320L of oxygen and will fit in a duffel bag. Note regulator and valve wrench attached.

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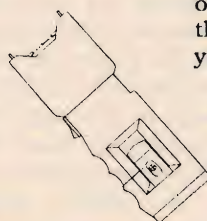
and a slightly shorter storage life. All of the meat is chosen to provide delicious eating for 7 to 10 years. The retort meats can be eaten right from the package but are better heated. We will include as wide a variety as we can depending on what is in stock at the time you order. The retorts will include such delicious meat entrees as: chicken ala king, chicken and rice, beef slices with BBQ sauce, ham and potatoes, and five or six other items. The freeze dried foods are ready in just a few minutes with no or minimum cooking. You get over 400 half-cup servings of real meats at a very reasonable price. Retail value \$732.00 #4372

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Don't Panic:

Lost

When in doubt, you probably haven't gone far enough. . .



The author says the most important thing to bear in mind when lost is that you must not panic.

By Ragnar Benson

I first saw the movement at least two miles away along a south Ontario firebreak. We were out in a sporting pursuit of the wily moose on ground so flat it could have been a 20 square-mile bowling alley.

After a bit of fooling around with the focus on my binoculars, I was able to distinguish an odd white-to-light-tan form coming on the firebreak through the dog hair pine. Scruffy small pine characterizes most of the country around Localsh, Ontario, where we were hunting.

Whatever it was kept on coming at what was proving to be a pretty good clip. I sat quietly on my stump. The breeze crossed the firebreak from the west, so there was little chance the critter would wind me. I figured if I were patient, it would come right up to where I was sitting.

After a bit, I was able to determine that the critter was, in fact, a man.

He had hunting pants on. No jacket. No shirt. His gloves, if he ever had any, were gone. The white I saw at first was a T-shirt.

As he came closer, I was able to see the man's face. He looked as though the devil had him by the ass. His face was contorted and pained, colored a deep, dark, cardiac red. Obviously the poor fellow had been running for a long, long time.

In spite of the cold, he was covered with sweat. He literally frothed at the mouth. His hair was disheveled, and his eyes rolled like a man possessed.

On he came, totally distraught. His red face was gruesome.

I sat there quietly, expecting the guy to suddenly spot me and stop. But he didn't. He ran by without seeing me.

I was so surprised that I waited — perhaps 50 yards — before letting go with a sharp, high-pitched "Hey!" On the third call, he stopped abruptly, turned around, and, on seeing me, collapsed on the trail.

It took a couple of hours up well after dark before the poor old bird was able to get up and follow me out. He was in such a state of panic and exhaustion that it took that long for him to recover enough to talk, much less walk a mile or two.

As it turned out, the fellow was a 55-year-old General Motors executive from Detroit. He had hunted moose regularly in this area for about 10 years, always using the services of the same guide.

Early that morning, his guide had put him out on stand by a large beaver pond. By 8 a.m., the fellow, tired of sitting, had followed the creek down through a meadow to where it crossed the fire line cut. He wisely hunted the fire line for a while, but couldn't find the meadow back to the pond when he decided to return to his stand. After a bit, he couldn't even remember which direction he was initially headed, although he claims to have started the day with a compass. When I stopped him, he had no compass.

The compass business was academic, because the day was bright and sunny. He could have gotten a general sense of direction by looking at the sun. As is often the case when an amateur hunts with a guide, he did not check

directions or bearings and probably didn't really know within 10 miles where home base was.

During his ensuing panic, the man threw down his gun, lost his lunch, gloves, hat, and jacket. He became a panic-stricken, raving hulk, driven almost to fatal exhaustion by an irrational fear of his situation. He was in good company. This syndrome is exceedingly common among humans.

Later, when he recovered enough to walk, I led him out of the woods. That night, our lodge keeper drove him to his camp. Although I hunted the following day for the guy's gear, we never found it. No telling for sure where he had been or what he had done.

Don't Panic — It was an incident that I will never forget. It forcibly drove home this truth: the first necessity when you think that you may be lost is not to panic.

I realize that this advice — like "don't worry" — is incredibly easy to give and unbelievably tough to implement. But, if you can remember one lesson about being lost, it is not to panic. Keep calm, keep your head, and do something logical.

Sit down, talk to yourself, recite Bible verses or do whatever, but don't ever lose your cool. Try to remember that many things are far worse than being lost. Think of things like worms eating the cabbage plants, the toilet getting plugged, your daughter smashing the car, running out of aftershave, or one of your apple trees dying. These events are far more serious than being misplaced in the bush a day or two.

My wife hunts with us quite often in the mountains of Montana, Wyoming and Colorado. She is basically unafraid of the woods, so she often strikes out across the country to an area where she thinks the hunting will be best. Like most people who operate this way, she sometimes sets herself up for becoming disoriented. Sometimes she drags in three or four hours after dark, yet in all these years she has never stayed out overnight alone.

"The thought of you chauvinistic guys looking for me with your toothy smiles the next morning is more than I can handle," she says. Often, she has walked in way after she was played

out and should have holed up for the night.

Most people who have been in the woods a while develop an attitude much like my own. I have been misplaced quite a few times. Assuming that you keep your head, you will usually soon discover that you know approximately where you are. The problem is that it's not usually where you want to be. Some woodsmen I have known have become so irate over discovering where they really are that they are not fit company for man or beast until they have time to simmer down a bit.

Let me repeat again. On a strictly academic basis, there is little to fear from being lost. You might think about that fact for a moment next time it seems like it has happened to you. Literally thousands of worse things can and do happen every day.

I don't like to spend a miserable night in the woods trying to sleep on the cold, hard ground, holed up under a tree or in a temporary shelter. But even if you forgot your matches and can't build a fire, and even if you are not clever enough to pull the bullet from a cartridge and start a fire that way, and even if you have eaten all

your lunch, you will still survive. Statistically, the number of people who die in the woods as a result of loss, hunger, and exposure is insignificant — one or two per year in states where millions of man days are spent hunting.

The morning after, you will be stiff and cold, but more energetic than the night before and certainly better able to put a plan together to enable you to walk out.

So the first thing I do when I discover I don't know where I am is swallow any temptation to get panicky or upset. Then I develop some sort of reconnaissance or backtracking scheme to help me find out where I am and where I have to go.

Time, Direction — The second consideration is to establish some sense of time and direction. When I am in the woods, I usually don't carry a compass, but I always have a watch. By looking at my watch, I determine how much time I have left before dark. Unless I know exactly and unquestionably where I am and where I am going, I never move after dark.

The only exception is if I am on a familiar trail and know without question where it will end.

One afternoon while hunting cougar, I got really lost. We bagged a cougar, stashed it in a talus slope, and headed down to a small creek. At the creek we turned downstream and walked about three miles to a small logging road. It was pitch dark at the logging road, but I pretty well knew where we were. We decided to go on, following the little road downhill to a main road and on 17 miles to a small tavern, where we spent the night sleeping on the floor.

There are several points to this tale, some of which we can come back to. The main lesson is not to travel at night unless you know where you are.

People are surprised that I don't usually have a compass with me. I don't dislike using a compass, or have some special directional talent. It's just that I seldom use one and often forget it when I saddle up in the morning.

Most places I have operated in, including Africa, Asia and North America, have built-in signposts that, when observed, preclude the necessity of getting the compass out.

Usually there is at least some sun, a prevailing wind, a river or drainage running in a known direction, a road

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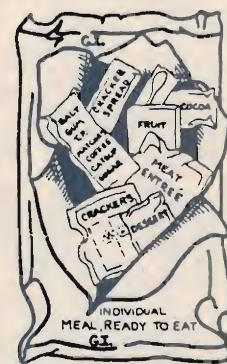
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Lost

in a cardinal direction, birds flying towards some fields, truck noise in the distance, mossy cedar thickets on the north of slopes, and so on. These subtle signs signal the direction loud and clear. You will find you seldom use a compass, even if you have one.

An exception, of course, is in heavy mountains or during really poor weather. Even then, a compass is nice, but not always useful.

A few years back, we discovered a small, rectangular piece of ground lying between a logging road and a railroad spur that was virtually impossible (under the right conditions) to cross without becoming disoriented.

The small finger drainages in the area crossed each other at odd, random angles, and several look-alike creeks flowed parallel in opposite directions. Measured on a topo map, it was only $\frac{5}{8}$ of a mile across, but on the ground it was something else again.

Four or five of us used to practice trying to cross when the elk hunting season was slow. On a cloudy, quiet day, without truck or train noise to orient us, it was totally impossible. The only sure method was to whip out the trusty compass and walk on a line.

No matter if it's mountains or plains,

the propensity to walk in circles is awfully strong in humans. I'll readily admit that I walk in circles, occasionally, even though I am very sensitive to nature's subtle hints when establishing a cardinal direction through the bush.

In the mountains, I keep some dominant peak or saddle in mind, move up or downhill, sight on a large tree across the valley, and stay out of thickets where I can't see far enough to line out my path by sighting on rock ledges or whatever.

On basically flat ground, I again try to stay out of woody thickets, to use whatever prominences exist and to keep my basic sense of direction.

Generally, you'll move through mountains by drainages. Keep in mind that it doesn't matter if your compass says camp is north on a line over the mountains. You aren't going to cross the mountain to get to camp, anyway. You will, if you are wise, swing around the drainage, contouring at an even elevation till you are near camp.

The real trick here is not to wander out of your assigned drainage. If you do, be sure you know how to get back in and which way to turn when you do.

The first thing I do when scouting new country is to look at a map of the area, or have someone do a rough map in the dirt for me. I am not smart enough to remember all the stuff on the map. All I want to know is the natural boundaries — what lakes, main road, river, ridge line, etc., form the edges of the area over which I will be operating. Then I can move with impunity to these places and either turn around or along them, knowing in a general way that I have not moved out into truly unknown country.

Pre-set Boundaries — Pre-establishing the general boundaries or limits helps mightily after being tangled in the third small thicket along the sixth small creek. It is tough not to be concerned unless you're certain that the main river is still someplace ahead. To the side, perhaps a ridge line will be the boundary, and behind the road from which you started.

I do have a few tricks I use in the field to keep from getting hopelessly lost. One relates to my upbringing in the rural Midwest, where everything is as flat as a table. All these tricks originally came from my Uncle Dugan,

who was half Ojibwa Indian.

For instance, Dugan always said to approach an uncertain camp or location one side or another. Never try to save time and hit it dead on.

Generally, the target destination will be on some sort of identifiable landmark: a river, creek, lake's edge, road, mountain ridge or whatever. If you try to hit the camp dead on, you won't know which way to turn toward camp when you get to your river or road.

On the other hand, if you are certain you are north, you then know to turn south.

The toughest location to find is one on a large, flat bench covered by small, look-alike brush. Keep this in mind if it becomes important to hide or to obscure your location. Most camps, however, are built along something — a road, river, lake or ridge — and in that regard are easy to find.

Good ability to track helps immeasurably. I have run into people lost in the snow who didn't think about backtracking out of their predicament. Another hint from Uncle: before starting in with anyone in the bush, spend some time studying their boot tracks. Then you will know the prints again when they turn up in the back country.

You'll be able to tell if someone walked a ridge, which way they went, and to some extent how long ago they passed in that direction. This is especially vital if the tracks are your own! I have often hunted with people who didn't know if the tracks they saw were their own.

I believe it is always wise to tell someone approximately where I am going when I am out in the field. In a general sense, I want them to know on what trails I will be traveling, around which side of the mountain, over to which lake, and when I intend to return.

Most experienced scouts tell their crews not to worry about them until noon of the second day. Personally, I've slept in the woods only a few nights. But a great number of times, I ended up across the canyon and stayed in someone else's camp. And I've been across the mountain to a road from which I hitchhiked back to the main base camp.

It is relatively easy to do all this if you are at ease with the back country and don't panic when you find yourself miles from camp in the late afternoon.

(Continued on page 78)



While a map and compass are important items to have when traveling in the deep woods, their use can be futile where major land features are obscured by thick growth, high mountains and deep valleys.

SECRET WEAPON

Against Boredom, Obsolescence, Ignorance

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Heckler & Koch:

SP89 9MM Pistol

New handgun based on the popular HK94 Carbine. . .



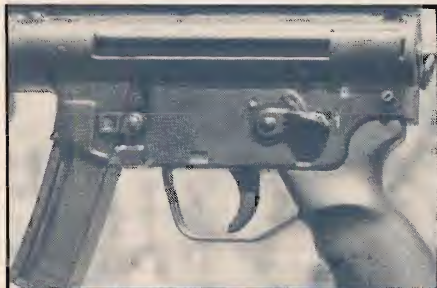
The SP89 standard pistol and outfitted with optional PSG-1 target pistol grip, claw-lock scope mount and scope.

By Jim Benson

WHEN Heckler & Koch, Inc., introduced its new 9 millimeter semi-automatic pistol to the American public last year the gun was first referred to as the "HK94 Pistol."

Closely resembling the popular 9 millimeter HK94 Carbine, the pistol, renamed the SP89, is now available for sale in the United States and is intended for sporting or self/home defense purposes.

At first sight, the gun may seem somewhat large and even a bit awkward for a 9 mm pistol, with unconventional design such as the magazine well in front of the trigger guard



The safety switch is located on the left side of the gun. "1" is the fire position and "0" is safe. A safety indicator is located on the opposite side of the gun showing "1" or "0" positions.

rather than in the butt of the gun.

The SP89 is in fact almost identical in size and appearance to the famed HK MP5K submachine gun. The SP89 design and construction are based on the world renowned HK90 series line of semiautomatic sporting rifles and carbines but are packaged in a compact pistol form.

It features the same time-proven recoil-operated, delayed roller-locked bolt system, rotary rear sight drum adjustable for windage and elevation and front sight post with protective ring, and receiver made to accept the HK claw-lock mounts for scopes that are found on the other HK90 series guns.

Up front there's a high-impact black plastic forepiece (fore end) to hold on to during shooting that keeps fingers off the 4.5-inch barrel and helps keep them away from the muzzle. The pistol grip is made of the same material.

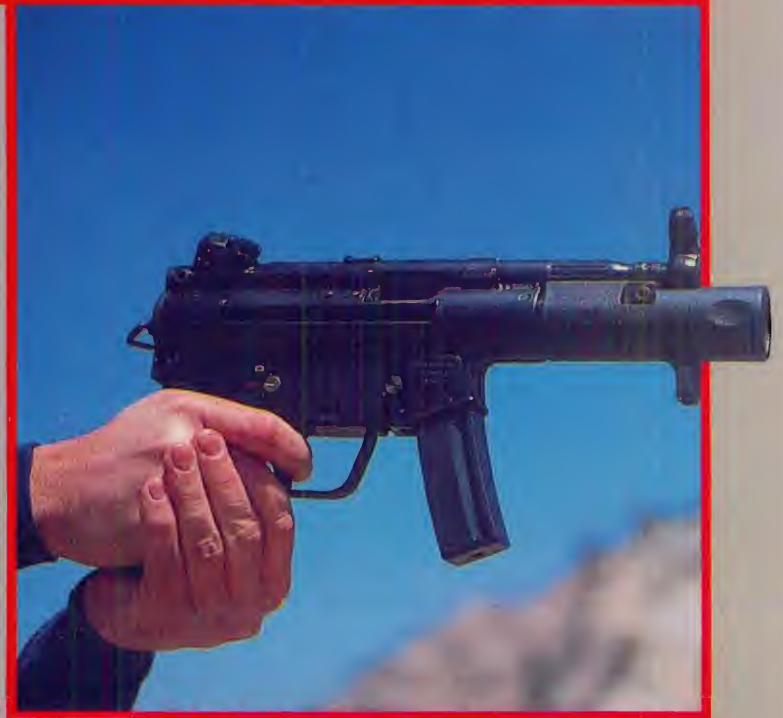
The SP89 and HK94 magazines are interchangeable, so you can have the standard 15-round magazines that come with the gun or use the carbine 30-round magazines. Other HK accessories available include a sight adjusting tool, claw-lock quick detachable

scope mount with Weaver system and NATO Stanag rail; an HKPSG-1 target pistol grip, magazine clamp to hold two magazines, leather shoulder harness and nylon carry rig with magazine pouches.

HK advertises that the SP89 "sets new standards for accuracy and ruggedness" and that it functions "under the most severe environmental conditions and typically gives 5-shot groups of 2 to 3.5 inches at 50 meters when used with high quality ammunition."

Its large size, unique design and dull black finish give the SP89 an impressive appearance, especially when viewed from the business end. It is, therefore, not surprising that the anti-firearms-ownership groups, prominently among them Handgun Control, Inc., have already designated the SP89 an "assault pistol" and are vigorously pressing for a total ban on private ownership of the gun. However, the SP89 has the same capabilities as virtually all other modern 9 mm semi-automatic pistols available to the public. Attempts to ban guns such as the SP89 reveal the true goal of HCI and the other anti-gun organizations: the total elimination of private ownership of all guns.

(Continued on page 66)



Sun, Water, Poison Plants, Etc.:

Summer Emergencies

With all the fun stuff to do, special problems may present themselves. . .

Ralph LaPlant, EMT - Paramedic

Summer is a fun time of year. Lots of activities such as fishing, boating, swimming, hiking, and camping. Lots of stuff to do. People just seem to be more active with the warmer weather.

All of this activity is fine, but it should be realized that with all of the fun stuff to do, there are special problems that can present themselves. The main problems related to summer as far as medical emergencies go are heat exhaustion, heat stroke, sunburn, drowning, poisoning by plants, and

You do not need to drown in icy waters to be saved after an extended period of time. Water 70 degrees or colder can induce the Mammalian Dive Reflex. .

Poison Ivy ranges throughout the United States and southern Canada. Any part of the plant is toxic to humans.

insect bites. Let's discuss these item by item.

Heat Exhaustion — Heat exhaustion is a common problem. It often occurs when someone works hard in the heat and does not have an adequate fluid intake. What basically happens is that when the body's temperature starts to increase with exercise, especially in a warm and humid environment, the blood collects, to a degree, near the skin's surface in an effort to cool down. Sweating also occurs. For sweating to be effective in reducing the body's temperature, it must be able to evaporate. When there is clothing and a high relative humidity, this is hampered. Problems can follow.

The signs of heat exhaustion can include rapid and shallow breathing, a weak pulse, cool and clammy skin, and heavy perspiration. Symptoms include weakness, sometimes total, dizziness and nausea.

Treating the victim of heat exhaustion is usually simple. If at all possible, move the victim to a cool place, possibly with air conditioning or shade. It is important not to cool a victim down too much too soon. The victim must rest and should lie down. They have, to a degree, experienced hypovolemic shock, and rest is very important. Often these things will correct a mild case of heat exhaustion.

Additional treatment might be warranted, especially if the victim progresses slowly or not at all. You can remove clothing which will help cool the victim's temperature down a bit. Fans help remove heat also. Sometimes, and only when a victim is fully able to swallow on their own, you can give fluids by mouth. Some medical textbooks suggest a salted water solution: teaspoon of salt to a quart of water, limiting its amount as the victim may vomit or choke if it goes down the wrong pipe. It is appropriate to notify the local E.M.S. (Emergency Medical Services) systems as the problem could recur and/or there could be a serious underlying cause.

Heat Stroke — I once asked a doctor what causes heat stroke and he said that it's not really known. We do know that it is directly related to the shutting down of the body's ability to perspire. This causes no heat loss by evaporation, therefore raising the body's temperature, sometimes to a dangerously high level.

Signs of heat stroke can include: deep breaths initially, followed by shallow

ones, a strong, rapid pulse, followed by a rapid and weak one. Other signs are dilated (enlarged) pupils of the eyes, loss of consciousness, and sometimes convulsions. The obvious sign with heat stroke is hot and dry skin.

This is a true emergency! The victim must be cooled down NOW. If at all possible, move the victim to a cool place and begin cooling. Methods can include wrapping the victim in wet towels, then pouring cold water over them. Ice or cold packs placed in the armpit area, groin, ankles and the neck will often help as the blood passes close to the skin at these points and will be cooled down to a degree. Again, alert the E.M.S. system, and if it is delayed, consider placing the victim in an ice water-filled tub, if you can. Be prepared to institute life saving measures such as airway maintenance and C.P.R. (cardiopulmonary resuscitation).

Plant Poisoning in the United States: the most common poison plants are poison ivy, poison oak, and poison sumac.

Sunburn — Sunburn should be handled accordingly by the degree of burn created. Usually it is a first degree burn. The sign of a first degree burn is skin that is reddened. Most sunburns are minor in nature, but can be very painful and in some cases require a doctor's attention.

Obviously the best cure is to not get sunburned in the first place. Prevention includes wearing adequate clothing, a good sunscreen lotion, and limiting one's exposure to the rays. The problem is that one is often sunburned before one realizes it.

If the burn is mild, a topical anesthetic lotion or cream may be effective. More severe cases should be treated as any other burn. Most sunburns that require more treatment than creams are those involving second degree burns or those that cover a large part of the body. These burns should be covered with cool water-soaked dressings. You do not want to cool the victim, but stop the burning process. As a general rule, burns covering more than about 10 percent of the body get a dry dressing instead of a cool, wet one. I would strongly suggest seeing a doctor at an office or a local emergency room. It may be embarrassing, but let me tell you, sunburn can hurt like hell, and I've seen

lots of sunburn victims in my ambulance and in a hospital's emergency rooms. Common sense should override embarrassment.

Drowning — Drowning is common. All too common. About five people per 100,000 drown annually in the United States. All but 10 percent of these drown within 10 feet of safety. What makes this sadder yet is that alcohol is involved in up to 80 percent of drownings.

What happens when a person drowns? First, there are two types of drownings. One is the "dry" drowning. This is where the epiglottis and the larynx spasm down, letting a little water into the lungs. The victim asphyxiates. The other type of drowning is "wet." Eighty percent of drownings are wet. Initially the spasm of the larynx occurs, but as the victim struggles and becomes unconscious, it relaxes and the victim aspirates water into the lungs. Often there is no lung movement and a little water gets in.

The victim needs to be rescued and resuscitation measures started at once. As soon as the victim and rescuer are at the surface, mouth-to-mouth breathing should be started, if at all possible. On shore or in the boat or at poolside, if the victim is pulseless, external cardiac compression should be started. This procedure should be done by trained individuals, and I strongly endorse C.P.R. training. Do not attempt to get water out of the lungs as very little, if any, will usually have gotten in. Instead, concentrate on getting air into the lungs.

Now let's talk about a couple of drowning complications. One of these is a possible neck injury. Ninety percent of drownings occur in inland waters and pools. Any drowning where a fall or dive could have caused a neck injury should have special considerations. The priority is getting the victim rescued and providing appropriate resuscitation efforts. Try to be careful with the victim's neck and back. Turn the victim as a unit, avoiding all twisting, bending, and shaking. A backboard or substitute will be a great value, and it or a substitute is suggested. Alternative airway opening mechanics such as the modified jaw lift should be employed.

The other complication with drowning is immersion in cold water. This is often a good complication, considering. What happens is that when a mammal is placed in cold water (under

Continued on page 77

Seven Enemies

'The survivor's skills and abilities in dealing with each and every threat will determine the outcome of his/her predicament' . . .



This healthy buck was lured in by the smell of feed, a wise ruse for taking big game.

By Bob Newman

The author is a Marine gunnery sergeant serving as a wilderness survival instructor at the Navy Survival School in Rangeley, Maine. He also teaches wilderness survival for the L.L. Bean Public Clinic Program and is a licensed instructor for the National Association for Search and Rescue (NASAR) — The editors.

EVERY survivor, regardless of his or her situation, be it a result of nuclear holocaust, earthquake, plane crash or what have you, will be faced with a variety of threats to their continued existence.

Exhaustive, detailed studies have demonstrated that the survivor, in order to survive, must have the abilities required to cope with seven factors that may affect well being. Those seven factors are referred to as the "Seven Enemies of Survival" — pain, thirst, hunger, fear, fatigue, temperature and boredom & loneliness.

Not every survivor will be faced with

all these enemies, but is virtually assured that at least one will present itself during the survival debacle. The survivor's skills and abilities in dealing with each and every threat will determine the outcome of his or her predicament.

Let's examine the enemies one-by-one.

Pain — Generally speaking, pain does more good in many instances than harm. Pain is the mind's only means of informing you that some sort of damage has been sustained by the body, and that you had better tend to that damage immediately if you wish to go on living. On the other hand, traumatic injuries such as sudden dismemberment or extensive third degree burns may cause shock — the mind's refusal to accept what has happened to the body — to set in.

Pain ranges from minor, annoying pain, say that caused by a blister on your heel, to major, debilitating pain, such as that caused by a compound

fracture of a major bone with accompanying arterial bleeding. Regardless of the level of pain, the determined survivor must deal with it quickly and efficiently. In survival situations, a seemingly innocuous wound can become life threatening in a very short period of time.

That scratch you received, should you allow it to become infected, may manifest itself into a dire emergency. Tend to *all* wounds and other ailments at your first opportunity. Failure to do so may cost you more than you can afford. The survivor who lacks extensive emergency first aid skills is a threat to his own existence.

Thirst — The human body requires several quarts of water each day to carry out its basic metabolic functions. Exactly how much water your body will need in a survival situation will depend on a number of factors: ambient temperature, level of physical exertion, humidity, physical condition, and so on. Without that all-important water, your body will cease to function. You must have water.

We lose water through a variety of means, such as perspiration, exhalation, urination and defecation. If you fail to replace the water you use, the killer known as dehydration will set in. Dehydration is one of the most serious physical ailments a survivor can be faced with.

At the Navy Survival School in Rangeley, Maine, where I am a wilderness survival instructor, our students suffer from dehydration more than any other malady, despite the stress their instructors put on hydration. Symptoms of dehydration include dark urine, headache, nausea and disorientation. Be alert for these early signs. Missing them could lead to your demise.

Found a dry river or stream bed? Dig down on the outside bends a couple of feet. Water may be just below the surface.

Carry at least a section of clear plas-



Any non-poisonous snake, such as this garter snake, can transmit tetanus to an unsuspecting victim, should he be bitten.



Snakes are common throughout North America and can provide the survivor with a tasty, nutritious meal.

tic with you and a length of surgical tubing. They will come in handy when constructing a solar still.

Those birds all heading in one direction at dawn and dusk are quite likely to be heading for a source of water.

Check your map. Tiny streams or perhaps a spring can often be located in draws or at the base of cliffs.

Regardless of where you find your water, purify it before drinking. Clarity is not a reliable indicator of purity. Nasties such as *Campylobacter jejuni* and *Giardia lamblia* can kill you right quick in the case of *Campylobacter*, or make you wish you were dead if *Giardia* is what you picked up.

Hunger — When confronted with a long-term survival episode, food will become more than a nicety. It will be a necessity. Hunting, trapping and gathering skills take time, patience and practice to master. If you intend to survive, a mediocre level of knowledge and ability in these fields won't cut it. You are going to have to become darn good at food acquisition.

One of the most challenging and rewarding talents a survivor can develop is plant identification. A wise survivor will become adept at identifying the flora in his area of operations long before he is actually required to put those skills to the test for real. Ten minutes after an 8.0 earthquake levels your city or hometown is not the time to start brushing up on what plants you can eat safely and which ones you can't.

Use the universal taste test for all flora that you can't positively identify. Remember, you cannot consume any different plants during this 24-hour test. (For more information about the universal taste test, consult *How To Survive On Land and Sea* by Frank and John Craighead, and *The SAS Survival Manual* by John Wiseman.)



Waterfowl such as these Canadian geese can easily weigh 12 pounds, but are wary and are not often easy to acquire.



Deer can be snared with such sets as the Apache foot snare, and may provide the woodswise survivor with a substantial amount of food.

Seven Enemies



Fish such as this brook trout are excellent eating and are often easy to catch, even with primitive gear.



Game trails are prime locations for well placed snares or hunting ambush sites.



This 700 pound cow moose, if provoked, could seriously injure or even kill an unwary survivor.

Mushrooms are a debatable topic when it comes to survival. Though many of the more than 500 species of mushrooms growing in North America have toxic look-a-likes, and most are mostly water with minimal nutritional value, some can be harvested in a pinch. If you cannot absolutely positively identify the mushroom you are considering eating, **DO NOT EAT IT!**

Hunting for game can be very productive, though trapping is preferred. Why? Trapping allows the survivor to be tending to other tasks important to his or her survival while the traps and snares that were set earlier are

out in the bush doing their job. The crafty survivor who sets out 20 snares and then returns to camp to tighten up their shelter or tend to some other chore is wiser than the person who simply wanders off in search of a hare, hoping he gets a shot at one. When you set out 20 well-constructed traps or snares, you have 20 hunters hunting for you.

When setting a snare, remember two things: simplicity is almost always best, and set each snare for a specific species of game. General purpose snares are often much less effective than a specialized one.

Fear — Fear can be a great catalyst. It may force a victim of some disaster or accident into action, action that may save their life. However, that action will not be possible if the survivor lacks self-confidence. One acquires this vital commodity by attaining two things — knowledge and experience. Once you have those items, self-confidence will begin to build within you.

Fear has been known to give birth to a deadly offspring — panic, that sudden, unexpected and overwhelming terror that destroys a person's capacity for self-help. Once panic sets in a survival situation, the could-have-been survivor is in mortal danger.



With the right snow conditions, a snow hut can be constructed to ward off the potentially devastating effects of cold weather extremes.



In tropical climates, sea grapes may be abundant along the shore, providing the survivor with a tasty meal.

When you feel that hot, boiling sensation deep in the pit of your stomach and your mind begins to race, stop. Think. Make a decision. Trust yourself. Make that decision and stick by it. If it is the right decision, you will survive. If not, well, if not, then you will have no further worries. Had you taken the time to get the aforementioned knowledge and experience, chances are you wouldn't be facing this latest problem in the first place.

Look at it this way. You have the rest of your life to get out of this situation. Go for it.

Fatigue — Fatigue is your body's way of telling you it needs rest. If you feel yourself becoming fatigued, and if the situation permits, stop and rest. Failure to do so may lead to exhaustion. An exhausted survivor may be unable

to recognize one or perhaps several of the Seven Enemies.

If you are not in good physical condition, you are unprepared for survival. Partner, you may have to *run* in order to save your own life or the life of a friend or loved-one. Picture it. While hiking the Appalachian Trail or "AT," your buddy slips on a moss-covered rock and suffers a serious concussion. Cerebral-spinal fluid (CSF) is running out of his ears and nose. If you move him, you may inadvertently kill him. You stabilize and cover him to hopefully delay the effects of shock. Route 4 is five miles distant. Get going.

Your friend's life now depends on your physical condition. Are you going to let him down?

Temperature — We have all been cold and we have all been hot. Usually we have some means at our disposal to thwart the effects of the cold or heat. That means is normally very convenient in our day-to-day lives. In a



A cow moose with young is not the animal of choice when it comes to taking game with primitive means.

survival situation, however, that means may be anything but convenient.

A sound working knowledge of primitive shelter construction and fire building are prerequisites for survival. A well-rounded survivor will be skilled in the art of shelter construction under the most trying of conditions. His fire building skills will be just as sharp. Extremes in temperature take the lives of could-have-been survivors every year because they lacked the skills needed to save their own lives. Don't let this be you.

When is the last time you tried building a wind and rain resistant primitive shelter out in the bush? Attempted to get a usable fire going lately with only one match and some marginal tinder, kindling and fuel? Practice in these almost lost arts is essential if you are to survive when the going gets ugly. Brush up on them now. You may need them tomorrow.

Boredom, Loneliness — Strangely enough, boredom and loneliness are two of the most commonly experienced emotions in survival predicaments. Countless survivors have told their rescuers of profound feelings of intense boredom during their debacle. They said that there was simply nothing to do. But when their particular situation was examined in detail, it is often found that from a survival stand-point, there was much the survivor could have done to make his situation more comfortable and safe. Once again, knowledge and experience are seen to play an important role here.

The survivor must constantly be thinking about the means available to him or her to help insure their survival. If you are bored or feeling lonely, you are not engaging in productive thought. Again we see that an enemy of survival can be used to our benefit. If you can recognize boredom and loneliness as they begin to set in, you can use that very recognition as a tool of sorts to force you into action. There is always *something* to be done when surviving. Always.

To fight these Seven Enemies, apply the "Pattern For Staying Alive." This is a systematic approach to survival. All Seven Enemies can be successfully fought if the survivor has skills in five areas — first aid, signal construction and use, fire building, food and water procurement, and shelter building. Become proficient at these five skills, and the Seven Enemies of Survival will be exposed as charlatans who prey on the weak. Be strong and survive! ●

Illegal Dump Sites

Playing it safe is your best protection . . .

By Larry D. Weber



Not knowing what has been dumped or buried in an illegal dump site could be the greatest danger to you.

AS our nation's landfills for waste disposal fill up, illegal dump sites can occur anywhere without warning.

The definition of an illegal dump site is a place where non-hazardous or hazardous materials are intentionally and illegally dumped. Legal dump sites on the other hand, must be carefully selected, prepared and monitored to ensure that human or animal life is not endangered by a polluted environment.

Hazardous materials refers to those substances which are harmful to human health and the environment. These substances are used in agriculture, consumer goods, industry, medicine and research. They present a threat when they are released into the environment. They include explosives, gases (poisonous, flammable and non-flammable), flammable liquids and

solids, poisonous and infectious materials, radioactive materials, toxic chemicals and many other substances which may be considered hazardous.

Many hazardous chemicals and gases cannot be detected by human senses because they are colorless and odorless. Other chemicals discolor the ground or water and some produce a strong odor.

Dangers from hazardous materials are fires, explosions and contamination. The release of toxic gases may cause immediate death or disablement if inhaled. Some chemicals can cause painful and damaging burns to the skin if you come in direct contact with them. Water resources, if contaminated, would be unsafe and unusable. Also, long term dangers of the release of hazardous materials into the environment may involve disease or birth defects.

Playing it safe is your best protection if you come upon what appears to be an illegal dump site! Immediately move away from the dump site and head up wind if at all possible. DO NOT walk into or touch any spilled materials. Avoid breathing in any gases, fumes and smoke. DO NOT assume that gases and vapors are harmless because there is no odor. Remove and isolate contaminated clothing if you have come in contact with any hazardous materials. Immediately flush skin or eyes with running water for at least 15 minutes. You should seek additional emergency first aid if it is needed as soon as possible.

The last thing on one's mind while enjoying the great outdoors is the thought of finding an illegal dump site. If you happen upon what you suspect may be illegal dumping of hazardous materials, help protect the environment by promptly reporting the dump site to local police/fire officials or the state EPA (Environmental Protection Agency) office. ●

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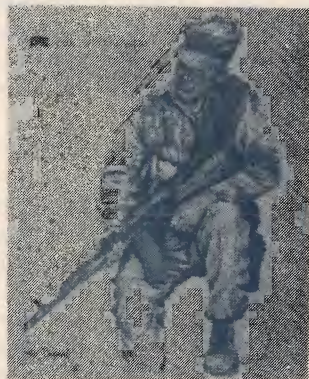
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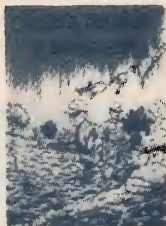
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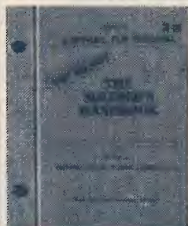
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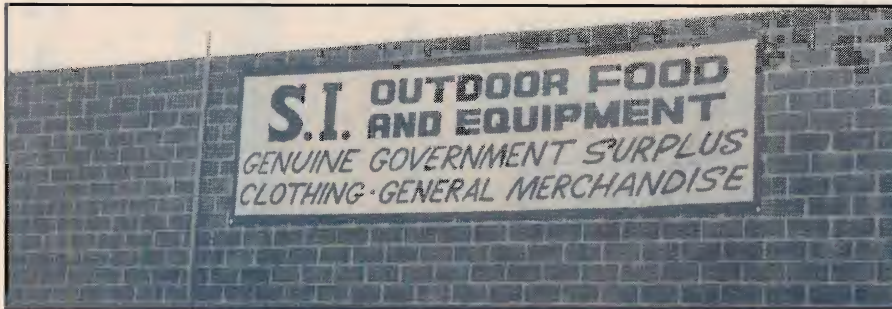
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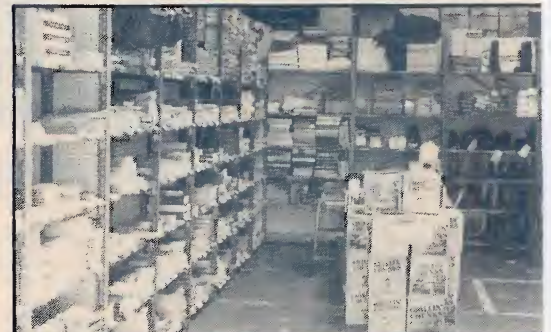
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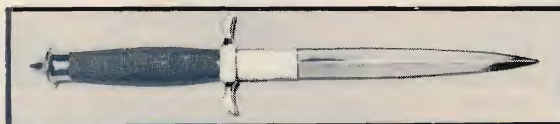
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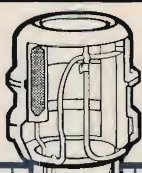
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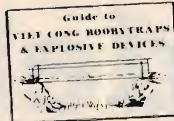
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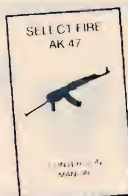
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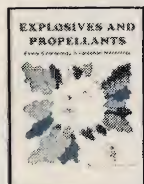
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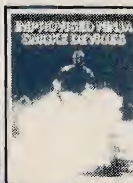
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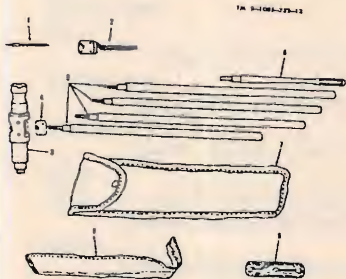
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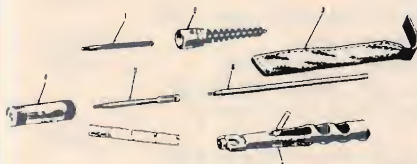


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M-1 Garand Sling, nylon, used, very good condition			3.00
M-1 Garand Sling, nylon, new condition			6.00
M-1 Garand Sling, web, new			6.00
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M-1 Leather Sling, national match issue			18.95
M-1 Garand Bandoliers, complete with cardboard inserts, mint condition, rare	2.00	3/5.50	
M-1 Bandolier Kits, complete with 1 bandolier, 6 cardboards, 6 loaders, mint condition			6.00
M-1 Bandoliers, 6 pocket cotton bandoliers, mint condition, rare	.75	3/2.00	
M-1 Cardboards, mint condition, rare,		per 6 cardboards	1.00
		6 sets	5.00
M-1 Garand Plastic Muzzle Cover, protects bore from debris, Korean War Issue, mint condition, very rare			3.50
M-1 Tech Manual 9-1005-222-12, complete information on the M-1 Garand			4.50

.30 CALIBER MAINTENANCE EQUIPMENT

ORIGINAL G.I. EQUIPMENT, NEW UNLESS NOTED

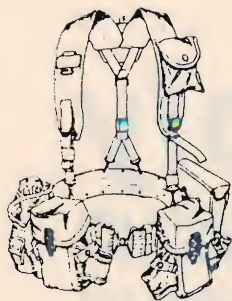
.30 Cleaning Patches, 2 1/4 x 2 1/4 cotton flannel		per 1000	16.00
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		per 400	6.50
.30 Bore Brush, brass, G.I.			1.00
.30 Chamber Brush, M-14			1.50
.30 Chamber Brush, M-1 Garand			1.50
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.30 Bore Brush, bronze, comm.	.75	3/2.00	
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General Purpose Cleaning Brush, brass, plastic handle			1.25

M-14/M1A ACCESSORIES 7.62 NATO

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M-14 Double Mag Carrier, new, very limited supply			5.00
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M-14 Bore Brush, brass			1.00
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MISCELLANEOUS INDIVIDUAL EQUIPMENT

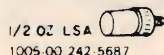
Poncho Liner, ties into poncho, camouflage nylon	25.00
Poncho, rip stop nylon, camouflage, USMC issue, not \$32.00	24.00
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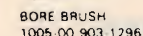
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LSA 2 ounce, squeeze bottle	1.25 2/2.00
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Light Weapon Oil, 4 ounce container of light machine oil. Flexible spout	1.00



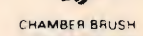
TOP SLING ADAPTER KIT



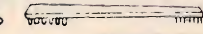
1/2 OZ LSA
1005-00 242-5687



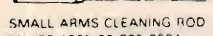
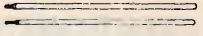
BORE BRUSH
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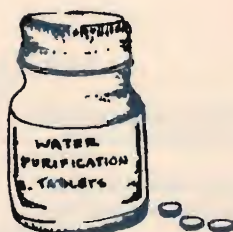


BRUSH TOOTH
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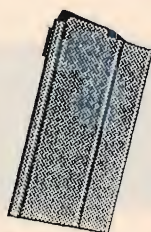


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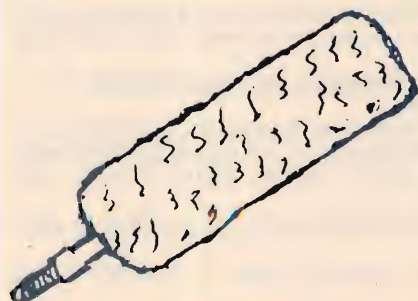
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M-16 Clean Kit, field carry, as issued	12.00
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M-16 Chamber Brushes, brass & steel	1.50
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M-16 Cleaning Patches, per 300	2.75
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the above listed gear can be used to clean .22 rifles & pistols

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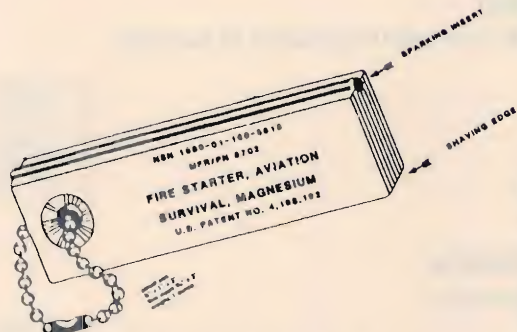
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AK 47 Round Magazine, go hunting 24.95
AK 47 US Army Manual, complete assembly/dis-assembly. Complete with manufacturers guide with their ordinance stamps Full of information for shooters & collectors. 6.00
SKS Stock Extender, black rubber construction with a metal reinforcing tab. Ripple finish for positive stock contact. Will add 1 inch to the weapon for long armed shooters. 11.95 2/20.00
AK 47 Stock Extender, same as SKS but will fit all the Chinese AK-47 weapons 11.95 2/20.00
AK 47 Magazine Charger, Chinese Army issue. Speed load your magazine using SKS strippers. 25.00
AK 47 Mag Charger Set, 1 mag charger with 10 SKS stripper clips. 29.00

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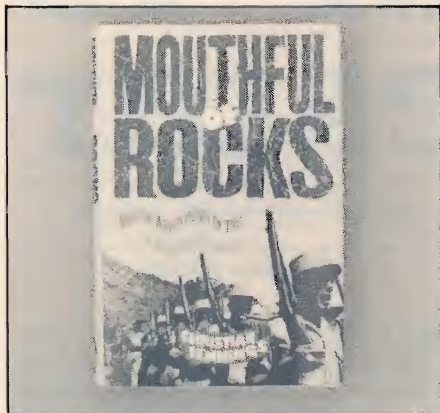
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BOOKS/VIDEOS

(Continued from page 11)



Mouthful of Rocks, Modern Adventures in the French Foreign Legion, by Christian Jennings. Atlantic Monthly Press, 19 Union Square West, New York, NY 10003; (212) 645-4462; 196 pages, hardcover, \$18.95.

The French Foreign Legion has been a mysterious military organization since its beginnings. *Beau Geste* became a world-famous novel, and the movie based on its story is a classic. The legionnaire as a tragic, self-sacrificing individual hiding a broken heart or a sorrowful past under a resolute, dedicated demeanor is a favorite icon of hero-watchers. Jennings' book gives an insider's look at what it might really be like: forced marches, routine beatings, mindlessly repetitive drills. What was expected of him was not bravery and loyalty but "extreme physical fitness and advanced professional masochism." The final lesson of this enjoyable book is undeniably clear: *Do not join the Foreign Legion.*

Outdoor Optics, by Leif J. Robinson. Lyons & Burford, 31 West 21 Street, Dept. ASG, New York, NY 10010; (212) 620-9580; 150 pages, softcover; \$13.95 plus \$2 shipping.

Anyone thinking of buying optics for the outdoors, or anyone who wants to put already purchased optical gear to more effective use, should read *Outdoor Optics*. This concise, supremely practical layman's handbook details the options among all types of binoculars and spotting scopes, analyzing which is best for its most likely field use. Accessories, focusing systems, weight, armoring, construction, cost, and other factors all weigh in the balance when selecting optical equipment. Invaluable advice on proper use and care of optics is also included in a glossary of technical terms. ●

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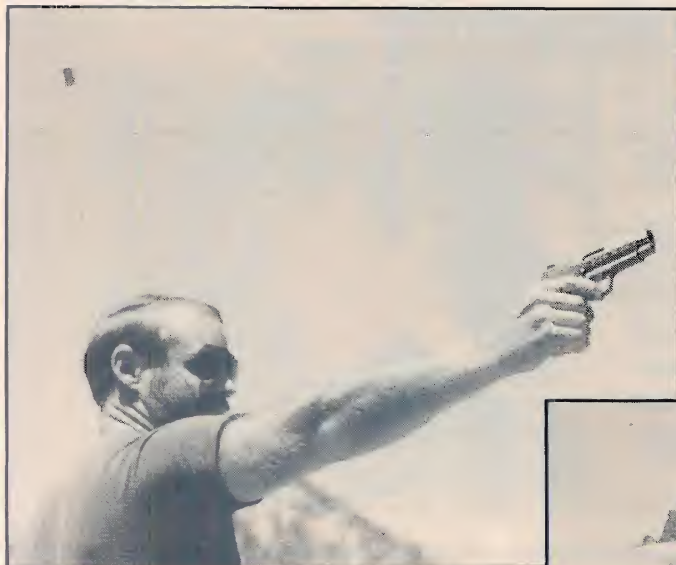
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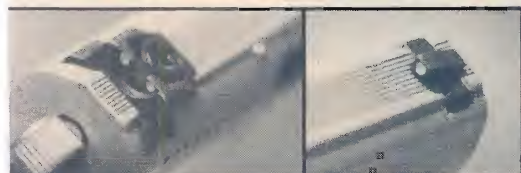
M-43 Firestar

Smallest 9 mm semiautomatic pistol...

By Jim Benson



Magazine capacity is 7 rounds. An extended magazine is available which holds 8 rounds and provides a better grip for big-handed shooters.



Sights are fixed with rear square notch and front post with three white dots.

Test shooters tended to shoot a little low and to the left with the gun but found it pretty accurate out to 25 yards with offhand shooting.



Field stripping is simple and similar to the 1911A1 pistol. It begins with lining up notches at the rear of the slide and frame. No tools are required.

WITH the new Firestar, the Spanish arms maker Star Bonifacio Echeverria claims to have produced the smallest full-house 9 millimeter pistol available commercially in the world.

This appears to be true, as far as I am aware. This diminutive, slim, 8-shot (7 in magazine + 1 in chamber), single-action semiautomatic handgun is ideal for concealed carry and as a backup pistol. Its all steel construction and handsome looks are added attractions.

The Firestar is available in "Starvel" (electroless nickel) or blue finishes and there is an extended magazine available adding one round and giving those with large hands a better hold on the gun.

Our test gun, loaned to us by GSAD of Redondo Beach, California, a national distributor of these pistols, has the Starvel finish with black checkered rubber grip panels. The sights are a fixed rear square notch and front post arrangement with white dots added to aid in sighting in low light conditions.

There are five safety features. The ambidextrous manual safety locks both the slide and hammer when the weapon is uncocked and only the hammer when it is cocked. There is an automatic firing pin safety which keeps the firing pin blocked until the trigger is pulled all the way through. A half-cock safety notch on the hammer prevents it from striking the firing pin if the gun is dropped on the hammer or slips forward while being cocked. A magazine safety disengages the trigger bar from the sear when the magazine is removed and the gun will not fire unless the magazine is in place. And finally, a locking safety prevents the pistol from firing until the barrel and slide are in their fully closed firing position.

The Firestar is fairly heavy, weighing in at 1.88 pounds with an empty magazine inserted. This is good for a small pistol like this, as it helps keep

down recoil and muzzle rise during firing. You notice the recoil more in this gun, with its short 3.4-inch barrel.

Trigger travel is slight, only about .2 of an inch measured from the center of the trigger, and the trigger pull is about 7 pounds—heavy enough for safety purposes but still light enough for good accuracy.

We test fired the Firestar using Miwall 124-grain and Focchi 115-grain full metal jacketed ammo along with some Federal Hydra-Shok 147-grain jacketed hollow points. We fired the gun with one- and two-hand holds at targets 15 to 25 yards away with slow aimed and rapid fire. The gun never jammed or otherwise malfunctioned. We tended to shoot a little low and to the left with this pistol, but had no trouble hitting the targets repeatedly.

The Firestar is an appealing, very compact, well designed and built little powerhouse of a pistol. It would appear to be a good choice for a variety of self defense and law enforcement purposes. Its only drawbacks that we can think of might be its smaller magazine capacity in comparison with other modern 9 mm semiauto pistols on the market, and that it may not fit big-handed people comfortably, but this can be remedied by use of the optional extended magazine which also adds one round of firepower.

See your gun dealer about the Firestar or contact GSAD, Dept. ASG, 630 Maryann Drive, Redondo Beach, CA 90278; (213) 374-4086. ●

Firestar 9 mm Pistol: Tech Specs

Caliber 9 mm NATO
Operation short recoil semiauto
Locking mechanism Ribs on top of barrel engage recesses in ceiling of slide when breech-block face of slide strikes barrel on its forward movement and pushes it ahead and up on its oval-shaped pivoting hole in the barrel lug
Firing mechanism single action
Lengths:
Overall 6.5 inches
Barrel 3.39 inches
Height 4.61 inches
Width 1.1 inches
Weight
w/ empty magazine 1.88 pounds
Sights fixed rear square notch, fixed front post with white dots
Sight radius 4.75 inches
Magazine capacity .. 7 (8 in extension)
Price, suggested retail .. \$405 for blue, \$435 for Starvel finish
Distributor GSAD

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630 Maryann Drive
Redondo Beach, CA 90278
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Ominous Parallels

Wars break out despite the efforts of reasonable people to maintain peace. . .

By Anthony Young

THE sweeping changes for democratic reform that continue to take place in Eastern Europe, the widespread ethnic unrest in the Soviet Union and that country's unprecedented military buildup would appear to be unrelated but they may be pieces of a puzzle that will be solved in the 1990s.

What are the implications of these events for America? Is it possible these events, along with others, could result in eventual war? The answer may lie in similar events that have taken place in this century.

Every American generation has yearned for peace, yet every generation has been touched by war, either foreign or domestic.

Wars break out despite all the efforts of reasonable people to maintain peace. None knew this better than Winston Churchill, one of the most brilliant,

visionary political leaders of this century. It was Churchill's belief that the seeds of World War II were sewn in the ashes of World War I. The Great War, as WWI is sometimes known, raged between 1914 and 1918 and cost 10 million lives. Germany, the prime aggressor, signed the Treaty of Versailles on June 28, 1919. The treaty limited the German army to 100,000 men, curtailed the manufacture of arms and munitions, outlawed its air force and reduced its navy. The Allied Control Commission was established to supervise Germany's disarmament. To insure compliance with the treaty, the Rhineland would be occupied by Allied troops for 15 years. The Reparations Commission established by the treaty forced Germany to pay 132 billion gold marks (\$33,000,000,000) to Britain, France and the United States. This infuriated the German govern-

ment and led to massive inflation.

With Germany now unable to pay reparations, the United States stepped in with huge loans, first under the Dawes Plan of 1924 and later with the Young Plan of 1928. The loans were made essentially to revive the German economy to permit payment of reparations. What it did was permit Germany to make payments with its former enemy's own money! With these loans, Germany was able to slowly and unobtrusively rebuild its war-making capabilities.

In 1926 Germany joined the League of Nations. Despite its disarmament violations, Germany succeeded in having the Allied Control Commission disbanded and the Commission's final, damaging report on German violations suppressed. The Kellogg-Briand Pact of 1928 outlawed war as a means of settling disputes and was eventually signed by 65 nations, including Germany and the Soviet Union. By signing other treaties, Germany succeeded in having Allied occupation troops withdrawn from the Rhineland in 1930 — five years ahead of schedule. The Allied powers succumbed to the German facade of good faith, a mistake that would prove costly.

For a decade, Adolf Hitler had been persistently clawing his way up the political ladder of power and in January 1933 became Chancellor of Germany. Once in power, Hitler pursued a campaign of further agreements, pacts and treaties that strengthened Germany's hand while appearing to want only peace. The world believed — or wanted to believe — this was really true. Only Winston Churchill saw the danger.

As early as 1929, Churchill issued a warning in the House of Commons that the disarmament agreements signed by Britain would come back to haunt them. In 1931, he stated England's army was "... cut to the bone," little more than "... a glorified police force." In 1933, he declared, "Unless the people know the truth, one day they





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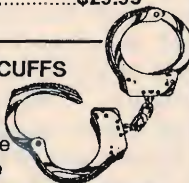
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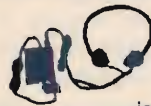
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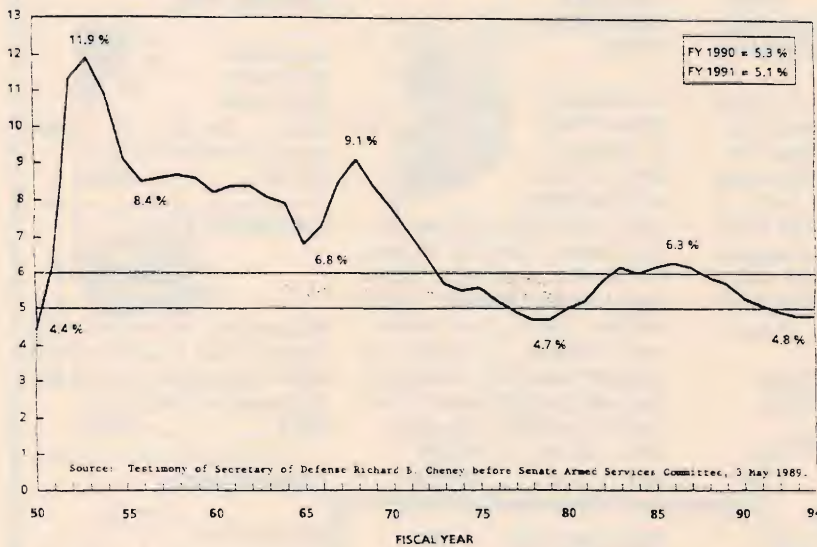
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Ominous Parallels

GRAPH 1
Defense Outlays as a Share of GNP



are going to have a very surprising awakening. Not to have an adequate defense in the present state of the world is to compromise the foundations of national freedom and independence."

That same year, a foreign correspondent for *The New York Times* observed the underlying mood and military momentum when he wrote, "All the talk here has been of peace, yet the atmosphere has been far from peace-loving." As if to calm fears, Hitler stated in an interview on November 10, 1933, "I am insulted by the persistent assertion I want war. Am I a fool? War! It would settle nothing." That same day, he made an address in Berlin and said, "I am not so senseless as to want war. We want peace and understanding, nothing else. We want to give our hand to our former enemies... when has the German people ever broken its word?"

Hitler's actions betrayed his rhetoric. In March 1935 the German government announced the existence of the German air force, military conscription and a 36 division army. Neither the British press nor Parliament viewed this with alarm. That May, Churchill proclaimed, "I am astounded at the indifference with which the press... seem to view the fact that the government has been utterly wrong about German... strength."

Only Churchill, it seemed, observed the rapid growth in Germany's war machine with alarm. "The months slip by rapidly," he stated in July of 1936, "... if we delay too long in repairing

our defenses, we may be forbidden by superior power to complete the process. I say there is a state of emergency. We are in danger as we have never been in before."

Germany had initiated an aggressive spy ring in 1927 to steal defense secrets and technology from the United States. German agents of the Abwehr managed to steal America's most sensitive secrets relating to defense — everything from the Norden bomb sight all the way up to battleship plans. A sophisticated propaganda campaign was launched by front groups through newspapers, magazines and other channels to influence American public opinion regarding Germany and endeavor to keep the U.S. from entering the war once Hitler began his move through Europe.

Churchill had been trying to sound the alarm of Nazi military ambitions for nearly a decade. For this he was ignored by practically all as an extremist and warmonger. Treaties would ensure the peace, Parliament assured the British people. Prime Minister Neville Chamberlain returned from a conference with Hitler in Munich, Germany, in September 1938 and made his famous "peace for our time" remark. But Churchill saw Hitler's quest for all of Europe, even Britain. That same month, he sadly remarked, "Owing to the neglect of our defenses... we seem to be very near the bleak choice between war and shame. My feeling is that we shall choose shame, and then have war thrown in a little

later, on even more adverse terms than the present."

History proved Churchill right. The policy of appeasement failed. Hitler carried out all his threats. The Battle of Britain took place in the skies overhead, later followed by the fearsome V-1 (the first cruise missile) and then the V-2 (the first ballistic missile). The people of Britain paid a terrible price for the policies of their government in its unwillingness to grasp the German threat.

U.S.-Soviet Parallels — There are ominous parallels between Britain's actions toward Germany and America's actions toward the Soviet Union. When World War II finally ended, Churchill warned of a new potential threat in October 1946 — the Soviet Union. Actually, the communist threat began with the Bolshevik Revolution of 1917. The goal of communism has always been the overthrow of democracy and capitalism by whatever means necessary. Consequently, the USSR has always regarded the U.S. as "the main enemy." For decades it has recruited Americans to spy on their own government and steal its most closely guarded secrets for sale to the Soviets, when Soviet agents themselves are not doing it. One of the spy operations most famous and damaging to American national security involved the John Walker spy ring exposed a few years ago.

In addition, the Soviets wage a campaign of active measures involving disinformation and forgeries, front groups and friendship societies, and political influence operations. All active measures come under the control of Service A of the KGB First Chief Directorate in coordination with the International Department of the Soviet Communist Party Central Committee. Cultural exchanges, "sister city" delegations, peace and disarmament groups — these are just a few of the products of Soviet active measures. Former FBI director J. Edgar Hoover rightfully called the Soviets "masters of deceit."

Nowhere has this deception been more prevalent than in arms control. The Soviets have violated every major arms control agreement with the United States, including SALT I (Strategic Arms Limitation Talks) and SALT II, the Limited Test Ban Treaty, the Threshold Test Ban Treaty, the Anti-

Ballistic Missile Treaty, the Geneva Protocol on Chemical Weapons and the Biological Weapons Convention.

If Soviet actions are any indication of future behavior, they may also violate the INF Treaty and START (Strategic Arms Reduction Talks).

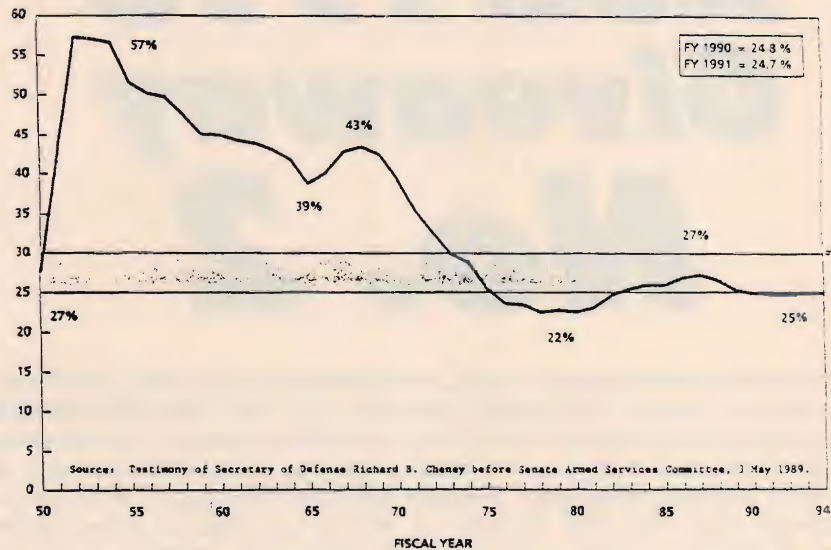
Conventional arms control talks and European troop reductions are a priority with the Bush Administration and the United States continues to seek new treaties in good faith at the negotiating table. There is an old Russian proverb that applies here: "I will spit in your eyes, and you will say it is Holy Water."

The Soviet Union now has the most powerful strategic, conventional and naval forces in the world. It has been this way for some time. In 1978, Chief of the Soviet General Staff, Marshall Nicolai Orgarkov told a startled group of U.S. Congressmen visiting Moscow, "Today, the Soviet Union has military superiority over the U.S. Henceforth, the United States will be threatened. It had better get used to it."

The Soviet military buildup is now so vast, the Pentagon annually publishes an assessment in "Soviet Military Power." Under Mikhail Gorbachev, military spending has actually increased, not diminished. Defense Secretary Dick Cheney has said the United States "...faces a far more formidable Soviet offensive strategic arsenal today than we did... when Mr. Gorbachev came to power." One only has to read the Pentagon book to see the gross imbalance between the USSR and the U.S. In addition, the Soviets have an anti-ballistic missile system; the U.S. does not. In 1975, Congress ordered the dismantling of the brand new Safeguard Anti-Ballistic Missile System. The Soviets have four anti-satellite (ASAT) systems; Congress has prevented the Air Force from deploying one of our own. The Soviets have an extensive civil defense program; the U.S. has virtually none. The Soviets have a staggering chemical and biological weapons capability; the U.S. finds such weapons abhorrent.

Soviet Military Doctrine — Even the military doctrine of the Soviet Union differs from that of the United States. U.S. military doctrine is founded on "escalation dominance." This means there would be rising level of military force through the spectrum of conflict from conventional to nuclear weapons, essentially acting one step ahead of the enemy in a war. Soviet military doctrine is quite clear in this respect.

Defense as a Share of Federal Outlays



Voyennaya Strategiys (Soviet Military Strategy) states, "The armed forces of the Soviet Union... must be prepared above all to wage war under conditions of the mass use of nuclear weapons... the basic method of waging war will be massed nuclear rocket attack."

The U.S. Air Force translation of the Soviet manual *The Offensive*, states, "It is recommended that the Soviet strike be launched... unexpectedly for the enemy. Preemption in launching a nuclear strike is expected to be the decisive condition for the attainment of superiority."

In the face of expanding Soviet military might, the U.S. defense budget continues to decline under pressure by Congress to reduce the deficit. With the apparent collapse of communism in the Eastern Bloc European countries, arguments are raised to cut the defense budget further and use the "peace dividend" for domestic programs. Defense secretary Dick Cheney is faced with slashing troop strength, postponing or canceling modernization programs, scrapping new military proposals — all while maintaining America's essential national security requirements.

Experts inside and outside our government claim we do not need to continue our military modernization begun under president Reagan in light of the diminishing Soviet threat. They point to the democratization of Eastern Europe, the opening of the Berlin Wall, Gorbachev's own demands to scrap single party rule in the Soviet Union and the widely heralded Soviet Army withdrawal from Afghanistan. While these changes are truly historic, these

"experts" conveniently ignore a basic military maxim: "Act according to the enemy's capability; never act according to what you think his intentions and goals are."

The alarming Soviet military buildup, violations of treaties and the fact the Soviet Union killed more than one and a quarter million men, women and children in Afghanistan speak volumes about their military capability. In trying to determine Soviet intentions for the future, one cannot overlook Soviet behavior and capabilities of the past.

The study of history in this century shows that peace treaties and disarmament agreements have often been violated and disregarded. They are drawn up by countries sincerely wanting peace and ignored by countries wanting conquest. The losers were those who put their faith in the ability of their government to protect them. Despite the prospect of SDI, America currently has no defense against incoming Soviet nuclear warheads and no civil defense to protect its citizens.

Witnessing the toppling of communist regimes of the Warsaw Pact and the struggles for democracy, the widespread protests and violence in the ethnic republics of the USSR, the internal power struggles between Gorbachev and hardline Politburo members regarding single party communist rule, the formidable Soviet military machine, and the reunification of Germany may be portents not of peace but of future conflict. In light of all this, protection against a potential nuclear attack is clearly an individual decision. Now is the time to make the necessary preparations. ●

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The Reeveshooter Military Vest from R.E. Reeves, Inc., Dept. ASG, P.O. Box 500, Pittsburg, KS 66762; (800) 84-VESTS or (316) 231-0532. This is a combination ammunition vest and backpack. It's made one-size-fits-all and fits close to the body or can be adjusted to fit over bulky winter gear. Made of heavy duty nylon and using quick-release buckles, the vest is available in camouflage colors or black. Ammo pockets are available for AR-15, 9 mm or 7.62 magazines. Value is \$120.

Malaria

'Without medical treatment all forms of malaria will persist for a minimum of six months with recurring paroxysm' . .

By Bennett Viken and Robin Sutton



Anopheles freeborni female in the act of feeding. This mosquito is the major western North American vector for transmission of malaria (Lorry Dunning).



Anopheles stephensi, the salinophilic mosquito. Many varieties of anodes carry diseases, the most dangerous of which may be yellow fever and dengue fever.



Anopheles gambiae. This variety is known to carry the plasmodia that cause malaria.

THE flames in the oil lamps guttered low as the tent flap was flung back and the generals entered. Everyone stood in respectful silence in the dim light. All eyes were on the sweat-drenched figure on the bed. Finally one of the older warriors with a full, gray beard, the leather of his armor softly creaking, drew near.

He spoke quietly, "To whom sire, do you wish to leave all this?"

A moment or two passed; then the figure on the bed stirred. The voice, a loud whisper, carried throughout the tent, "To the strongest."

And shortly thereafter one of the greatest military men the western world would ever know, a general who conquered in his short lifetime virtually all of the known world, expired. Alexander the Great, not yet 33, had died of malaria.

For thousands of years malaria has plagued mankind. As recently as 1950, half of us lived in areas where it was endemic. It remains the world's most devastating infectious disease in spite of the time and money expended in the search for effective treatments and means of preventing infection. Although efforts by public health agencies and — most notably — the World Health Organization of the United Nations have succeeded in limiting the areas where the disease is endemic,

absolute control and elimination of the disease have proven impossible.

Typically, the first sign of the illness is an abrupt chill accompanied by shivering and even chattering teeth. Following the chill, fever with sweats and weakness sets in to last as long as eight hours during which head and muscle aches are common. After the fever passes, most victims of the mildest of the four malarias feel well until the next paroxysm of chills and fevers racks their bodies in 48 hours. The recurring chills and fever may continue for a month (or six months if untreated and uncomplicated by further infections). As the cycles repeat themselves, victims gradually feel weaker between attacks as the destruction of their red blood cells leads to anemia.

This pattern is typical of two types of malaria — vivax and ovale. A third sort, malariae, differs mainly in the timing of the repeated rigors. The most common of these forms is vivax, and the good news is that most people do recover — even without medical intervention — although they may suffer relapses years later.

In a far more serious type, falciparum malaria, also known as malig-

nant malaria, the initial chill is no more sensation than a shudder, but the fever is higher — up to 104 degrees — and lasts longer. In addition, severe headache accompanies the fever along with a general feeling of malaise, exhaustion and perhaps nausea. These feelings persist between the repeated rigors of chill and fever. When the headache is excruciatingly severe, then high fevers that often top 105 degrees, drowsiness and disorientation may signal a fatal complication known as cerebral malaria in which the brain itself falls victim to the disease. Falciparum malaria may also lead to the complication known as blackwater fever. An attack is marked by high fever, shivering and anemia as well as the diagnostic black urine. Further complications may lead to heart, liver and brain damage.

Without medical treatment all forms of malaria will persist for a minimum of six months with recurring paroxysm. Such attacks may be repeated for years in victims of vivax or ovale forms. Because red blood cells are destroyed, victims become listless and anemic, frequently suffer liver damage and nearly always have enlarged spleens. Even after the acute forms of vivax and ovale malaria have been treated, relapses may occur years later. In untreated falciparum malaria the

blood cells stick together to block and slow circulation. A massive blockage whether in the brain or another major organ can cause death. Once the acute stages of falciparum and malariae forms have been treated, however, neither of these forms will recur spontaneously.

Complications — As malaria recurs or the individual is re-infected, the stakes go up. Plasmodia (protozoa) may lodge in various tissues of the body. Their common reproductive cycle begins in the liver, which means that they are also feeding on liver tissue and destroying that organ's function. Infected red blood cells filled with black waste products may collect in the spleen a spongy organ that normally weighs five ounces. The concentration of infecting plasmodia has been so great in some spleens that the organs have weighed nearly 20 pounds. Some spleens have been so swollen that they burst open.

Malaria can also lead to kidney damage, hyperplasia (increase in size) of the bone marrow, brain damage and degeneration of the heart muscle. In addition, the stomach and intestines, lungs, lymph nodes, adrenal glands and eyes suffer as the blood loses its capacity to carry oxygen throughout the body. In short, the basic metabolism is unfavorably affected by malaria. Red blood cell and white blood cell counts may drop, anemia is common and the general weakness arising from the disease may contribute to the victim's eventual death. More dramatically, the sticky clumping of red blood cells in falciparum malaria can lead to sudden blockages and brain death, necrosis (cell death) of the liver and death, and heart failure leading to death.

Any fever preceded by chills should suggest malaria to your physician. And any fever with chills that seems to hang on in spite of your own self-diagnosis of influenza, should prompt a visit to your doctor.

In spite of a relationship that predates recorded history, our knowledge of malaria was extremely limited until the 19th century. Many believed it was an illness that emerged from the damp earth. The French associated it with the fetid air of swamps, and the Italians thought it was caused by air pollution — bad air, in Italian *mal aria*. Work on determining the scientific cause and treatment for the disease was first successful a hundred years ago. Such discoveries resulted largely from government commitments to research pro-

grams funded in the hope that a solution to the malaria problem would open the malaria-infested portions of the world to European exploitation.

By the end of the 19th century, scientists had established that malaria is caused by parasitic infection. The parasite is one of four varieties of plasmodium — vivax, ovale, malariae or falciparum. These parasites are types of protozoa that complete their life cycles by alternately parasitizing man and the mosquito. Only one family of mosquitos — anopheles — carries the plasmodia that cause malaria. There are, however, approximately 200 species of anopheles mosquitos capable of participating in the cycle. These mosquitos are distributed worldwide in tropical, subtropical and temperate climates. They thrive in forests, marshes, lakes, creeks, desert puddles and still fresh or even brackish water, including sloughs, wading pools and forgotten rain-filled containers in yards and dumps.

Since the female mosquito needs blood for eggs to mature and ensure continuation of the species, the mosquito itself may be classified as a parasite. Only the females bite. They drink up to 15 times their weight in blood at a feeding. For the mosquito's purposes, the blood may be human or that of any other handy red-blooded species that will provide the proteins needed to nourish those eggs. The female may lay 50 to 500 eggs in each brood, and she may live long enough to produce eight to 10 broods in her short lifetime. Their need for blood is so pressing that Sumatran females have been known to drink beyond capacity, excreting whole blood as they continue to suck. In a normal feeding, the female may take in 40 to 50 million red blood cells.

The males, of course, do not bite but survive on a diet of the juices from fruits and flowers. The females also drink these sugary liquids as a kind of high energy flight fuel. Like the male, the female could survive on fruit juices alone. The survival of the species, however, depends on her providing blood for the eggs.

There is nothing personal in the mosquito's bite. When it's time to feed, she takes off in any direction (she prefers to head into the wind) and bites the first prey she comes upon. Someone sitting up is more likely to be bitten than a reclining companion. Someone talking will be attacked before his silent friend. Men, according to statistics, are more likely to draw mosquitos

than women, and people who wear rough, dark clothes attract more attention than those who choose light, smooth fabrics. And black people are bitten more often than whites. Some people apparently smell better to mosquitos than others.

Different families of mosquitos feed at different times. Typically, anopheles species feed at night on whatever warm-blooded prey is handiest. After feeding, the female retreats to a dark area to rest. Many species of anopheles are content to find dark corners in our houses or barns. Other species retreat to forests, brush or other natural cover.

Identifying Anopheles — When it is not feeding, mating or laying eggs, the mosquito rests, giving you the best opportunity to observe it and determine if it is one of the 200 anopheles species. If you can see just the shape and posture of the resting mosquito, you can identify anopheles by her characteristic posture — head down and abdomen raised at about a 45-degree angle. If you can see her in the light, you'll find that she has dappled or spotted wings.

Where the cycle of malaria begins is something of a chicken first/egg first question. Although the parasite is less important to the mosquito than to man we normally assume that the infection begins with the mosquito and her bite.

When anopheles bites, she saws through the skin with her blade-like maxillae. These are serrated like saws and fit with the mandibles, labrum and hypopharynx into the curved labium to form the beak or proboscis. As the mouth parts break through the skin, the labium bends back under the mosquito's body. Once through the skin, the apparently rigid beak bends easily at a 90-degree angle to probe the flesh for capillaries. Using pumps in her head, the mosquito sucks blood into her alimentary canal. At the same time, she squirts saliva into the wound through her hypopharynx. In many species, the saliva contains an anticoagulant which aids in keeping the blood flowing. If she is infected, the saliva also contains the plasmodia that cause malaria. After our first several mosquito bites, we develop an immune reaction to the saliva (infected or not), and our reaction raises the typical bump and causes the itching. The mosquito will stay in place sucking blood until she's satisfied. Unless, of course, her victim physically moves or kills her. If she is moved from her first

Malaria

site, she'll simply return or move onto another spot nearby to continue her feeding.

The plasmodium that passes with her saliva into the human bloodstream is a one-celled protozoan. Part of its life cycle is spent in man — the host, and the rest in the mosquito — the vector. During their complex life cycle, plasmodia take many different forms. The form the mosquito injects is a long, slippery sporozoite. As soon as it enters the bloodstream, it swims for the liver to enter the parenchyma (the actual functioning cells rather than connective tissue) to grow and reproduce asexually by a process known as schizogony, a simple fission or splitting process. This reproductive cycle takes eight or nine days. At the end of the cycle, the infested liver cells burst to release 10,000 merozoites — the plasmodium's new form. Most of the merozoites enter red blood cells which they feed on even as they once more grow and reproduce by schizogony. In vivax and ovale forms of malaria, some of the merozoites return to the liver to repeat the earlier cycle of reproduction. This return accounts for the relapses and recurrences of malaria following treatment of the acute phase of the disease. Falciparum and malariae plasmodia do not return to the liver, which means that relapses do not occur.

The merozoites that enter the red blood cells grow and reproduce a number of times. Each cycle lasts 48 hours (except in malariae in which the cycles last for 72 hours). At the end of each cycle new merozoites are released into the bloodstream. At the end of each cycle, the fever recurs. In each cycle every merozoite produces 16 new merozoites, each of which enters a red blood cell. Some of these rather than participating in the asexual reproductive cycle transform into gametocytes. The transformation takes 60 to 90 hours and is generally complete at night when anopheles feeds.

After the mosquito has sucked in the gametocyte infected blood, the gametocytes pass into her stomach where they begin sexual reproduction. They take two forms: the male microgametocyte and the female macrogametocyte. These mate to produce the ookinete which travels through the wall of the stomach to the basement membrane where it attaches and develops into an

oocyst. When the oocyst matures, it opens and sporozoites are released into the mosquito's body cavity. They migrate to the saliva glands in the mosquito's head and from there are injected into man.

What may be most remarkable in the process is that malaria has ever been widespread. To become infected, the mosquito must bite at the moment of the gametocyte's maturity. Then she must survive long enough — 10 to 12 days — for the plasmodia to reproduce and then be passed into human blood. Given the mosquito's typical life expectancy in the wild, estimated at nine to 11 days, the odds against her choosing human prey twice at crucial moments must be astronomical.

Treatment, Prevention — Since neither the mosquito nor the plasmodium were suspected of causing malaria until the second half of the 19th century, traditional remedies and preventatives were truly part of folk lore rather than medical science. The ancient Chinese used conch shells, snake skin, bull rhinoceros horns and pangolin scales in powder form and in solutions with some success. During the reign of Shen Nung (2,838-2,693BC) the herbal remedy Ch'ang Shan was used, again with some success. This, however, has proved too toxic for common applications today. The most important of the folk remedies, however, is cinchona bark which was first used in 1630 to treat don Juan Lopez de Cannizares in South America. In 1640 cinchona bark was introduced in Europe where it proved valuable for treating the malaria which raged across the continent and through Britain. It may well have been partially responsible for breaking the parasite's life cycle in northern Europe and clearing that area of endemic malaria. In 1820 quinine was isolated as the medicinal alkaloid of the bark. It remains the standard against which new drugs are judged for effectiveness.

Quinine works as a schizonticide, killing the plasmidia while they are undergoing schizogony. It does require daily doses and a high concentration in the blood to be effective. The colonial British maintained their health and invented the cocktail hour by keeping malaria at bay with gin and tonic — quinine water.

Since the days of the British Empire,

most notably since World War II, new and effective drugs that kill the plasmodium in more stages of its life cycle have been developed. Those most frequently prescribed for treatment of malaria are chloroquine and primaquine. Chloroquine may also be prescribed as a prophylactic for those who will be visiting areas where malaria is endemic. Such treatment begins two weeks before the trip and continues for six weeks following return. Chloroquine kills the schizonts while they are in the red blood cells. It can cure falciparum and malariae forms since the merozoites do not return to the liver after they have entered red blood cells. The primary, unpleasant side effects of chloroquine include ocular damage, toxic psychoses, neuropathy, cardiotoxic reactions and skin disorders. And there's one other problem — some falciparum plasmodia are resistant to it.

Curative therapy with primaquine is often undertaken for vivax and ovale types of malaria. Primaquine is useful against gametocytes, the sporozoites developing in the mosquito and the schizonts lodged in tissues. It is, unfortunately, too toxic for use with those people whose blood has G6PD deficiency.

Against resistant forms of falciparum malaria, the old stand-by quinine remains effective. Side effects include tinnitus (constant ringing in the ears), blurred vision, dizziness, headaches, abdominal distress and occasional skin disorders as well as blackwater fever if the quinine does not achieve a cure.

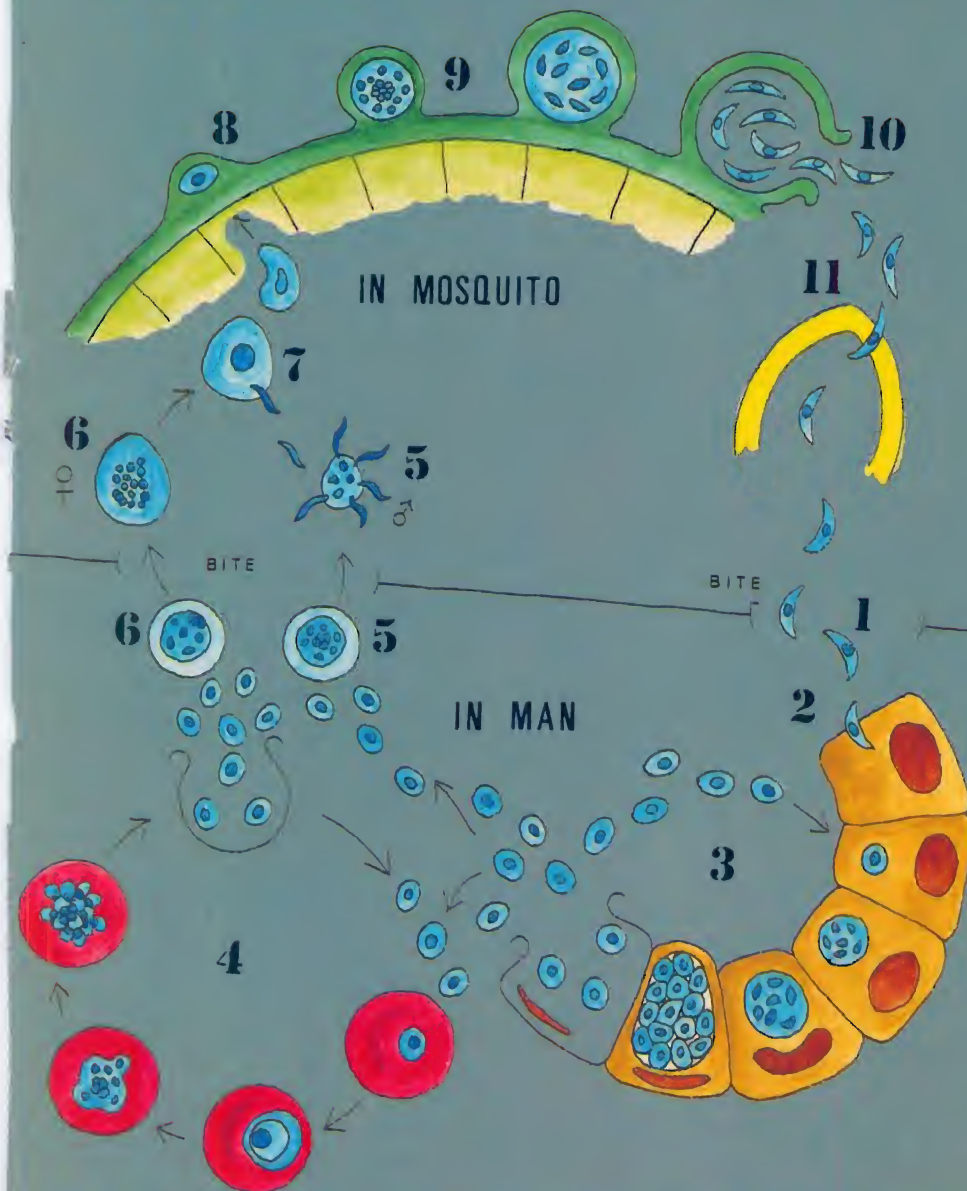
In general, medical treatment is effective although the drugs are so strong that toxic side effects carry their own hazards. The preventative measures long sought through eradication of the vector would be more beneficial by totally eliminating malaria. This has not been possible, but, historically, breaking the man and mosquito relationship has eliminated malaria in many areas.

Although the plasmodium depends upon man for completion of its life cycle, the mosquito does not. In fact, many speculate that the 17th century decline in malaria in Britain and northern Europe may have resulted from life style changes that brought light into human houses and left farm animals as the nearest blood sources to the mosquitos' dark resting places.

The most effective pesticide used



The life cycle of the common malaria mosquito, *Anopheles quadrimaculatus*. 1) Adult female (about 18"). 2) Larva may hibernate over winter in underwater mud. 3) Pupa.



against mosquitos in the malaria wars was DDT, which we have since learned is toxic to the environment itself. Meanwhile, many mosquitos have become resistant to DDT. Since those resistant to the pesticide are the ones that survive to reproduce, the resistance is inherited by the next generations. Thus, less than totally successful efforts at eradicating the mosquito lead to ultimate failure. Rather than achieving partial control, we find that a more difficult problem has emerged. Fortunately, now, these resistant and infected mosquitos are limited to local areas in the tropics and subtropics of Africa, Asia and South America. But there is a tendency for resistant mosquitos to move into areas that have been cleared in previous efforts. Our greatest danger in the United States arises from the return of infected travellers who may unknowingly spread malaria when they are bitten by anopheles mosquitoes after they return to the United States.

Here anopheles is wide ranging. The common malaria mosquito is prevalent south of the Great Lakes from North Dakota to Quebec and in Florida, Texas and Mexico. The western malarial mosquito ranges from Canada to Mexico and from the Atlantic to the Pacific — pretty well blanketing the United States.

In spite of the nearly ubiquitous presence of anopheles in the United States, malaria is no longer common here. Should it be re-introduced, it could spread rapidly among the population — few of whom are immune.

(Continued on page 62)

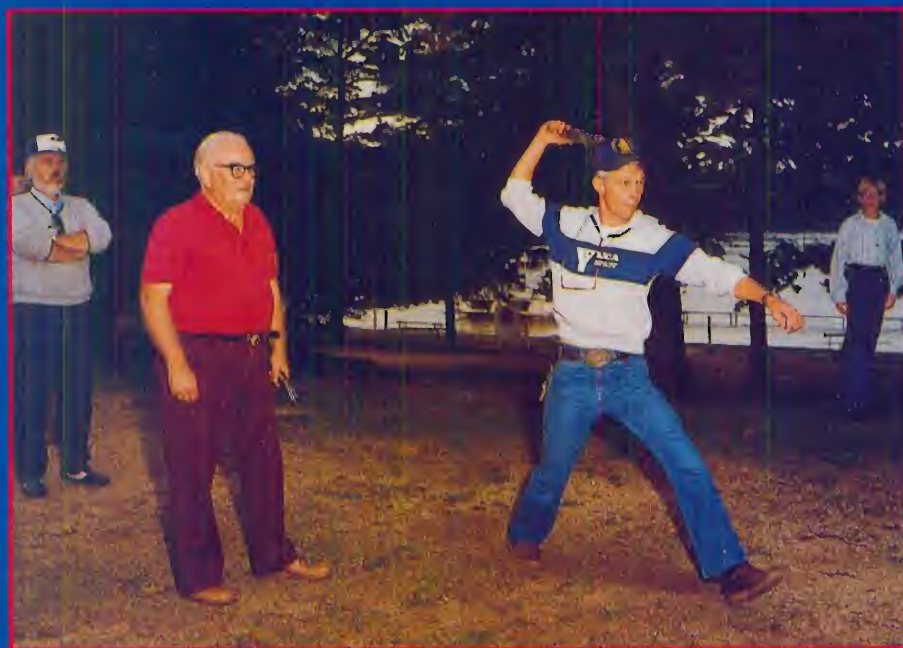
The life cycle of the malaria plasmodium. 1) Sporozoites from saliva injected into capillary. 2) Sporozoite enters liver. 3-4) Freed merozoites may reinfect liver, infect red blood cells or evolve into sexual gametocytes. 5-6-7) Microgametocytes (male) and macrogametocytes (female) develop and fertilized eggs are formed. 8-9-10-11) Ookineta (fertilized egg) lodges in Mosquito and develops into oocyst which bursts and sporozoites invade mosquito body cavity and make their way to salivary gland.

Harry McEvoy's Tips:

Knife, Tomahawk Throwing

Knives and Tomahawks make great survival weapons. . .

By Henry Allen



Knife throwing enthusiast Jim Wright winds up for his throw under the watchful eye of his coach, Harry McEvoy of Tru-Balance Knife Company in Grand Rapids, Michigan.



Greg White, a knife throwing enthusiast from Illinois, enjoys his favorite sport. Cross sections of soft wood like willow make the best targets for knife and tomahawk throwing.

THE fast growing twin sports of knife and tomahawk throwing began some years after the end of World War II as a revival of the sporting activities on the American frontiers of a century or more ago.

As competitive sports, much credit for the current popularity of knife and tomahawk throwing belongs to the many black powder muzzleloading organizations that have sprung up all over the United States and Canada. These twin sports have been an important part of muzzleloading activities since the early 1960s. For instance, the first of such contests in the state of Michigan was conducted in 1962 by a group of black powder enthusiasts in Manistee, where the knife throwing competition was won by Harry McEvoy of Grand Rapids, and the tomahawk contest by John Schippers of Wyoming, Mich. This particular "Forest Skirmish" black powder invitational shoot was a milestone in the association of these twin sports with the fascinating revival of interest in the frontier activities of our ancestors.

Much of what is now a world-wide interest in knife throwing especially, can be traced to the post-war activities of former WWII Army Air Force Sergeant Harry K. McEvoy, of Grand Rapids, Mich., (mentioned above) who is, today, often called "the father of modern sport knife throwing" and "the throwing knife king of America." In August of 1944 while stationed in an Air Force detachment at the old U.S. Rubber Co. plant in Detroit, he learned the rudiments of the art of knife crafting from the company's metalurgist and blacksmith, and under the supervision of these two experts McEvoy made his first throwing knife. It was jokingly called: "a Government job!"

Since then, over a period of some four decades, he has designed and pro-

duced more than 30,000 throwing knives in some 25 models, all hand-made after initial shaping by various means.

Educated in journalism at the University of Illinois, he has been a freelance newsman and feature writer most of his life in addition to a 30-year career in sales work. Of the 10 published books and booklets so far produced by Harry McEvoy, a total of eight cover the arts of either knife throwing, tomahawk throwing, or both. He has also written a vast number of magazine articles on these subjects and his goal has always been to bring information and proper throwing equipment to two generations of knife throwing and tomahawk throwing enthusiasts. He is also a long time member and Fellow of the prestigious Company of Military Historians of Washington, D.C.

In the spring of 1990 his video tape, titled *Knife & Tomahawk Throwing for Backyard Recreation*, became available to fellow enthusiasts of every nation and climate and of special interest to folks interested in survival techniques. (See review of the tape in this issue).

As far back as 1945 McEvoy discovered — mostly by trial and error, to be sure — the basics of proper throwing knife design. Over the years that have followed, these basics have been published many times in his writings and are accepted as the true basics of proper knife and tomahawk design. His patterns have been copied by knife crafters and manufacturers in a number of countries and thus testify to the accuracy of his designs for the type of throwing involved. So if you plan to get involved in knife throwing, here are these basics to consider:

1. Get a knife long enough to give you maximum control. The suggested minimum is 11 inches and the maximum is 16 inches. The length most popular is 13 to 14 inches overall.

2. You need sufficient weight for good target penetration. It is recommended that you select a knife that will weigh from one ounce to one and one quarter ounces for every inch of overall length, with a minimum weight of 10 ounces and a maximum of one pound. Anything over 16 ounces will throw more like a tomahawk than a knife. This would be fine for muzzleloading matches where many experts prefer a

knife that has almost as much weight as the tomahawk they throw, but only if it has a light handle and a heavy blade, such as an oversize Bowie knife.

3. The most important feature of a good throwing knife is the way it is balanced for throwing. There are three different ways a knife can balance out for expert knife throwing and when you lay the flat of the blade across your index finger to find the "balancing point" you can instantly determine if that is the type of knife you would prefer to throw.

If it balanced at exact overall center or up to one inch back of center and has a light handle but a heavy blade, that knife is best thrown by the handle grip for even spins — one, two, or three complete turns. If the balancing point is near the hilt — that area where blade and handle join, the knife would best be thrown by the blade grip. (You always grip the light end and throw the heavy end first.)

If the knife balances at exact overall center and there are no sharp edges to cut the hand, the weapon can be thrown by either handle or blade. True professional knives, as used by the "pros" in their acts, are usually center



Harry McEvoy demonstrates the proper stance for throwing the tomahawk.



The spike tomahawk and Tru-Balance Battle Blade are two great sporting and survival implements.

Knife, Tomahawk Throwing

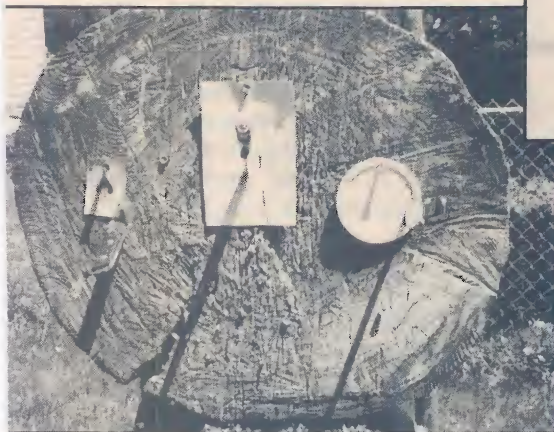


Any tomahawk similar to these would be suitable for small game hunting.

These throwing knives have all been designed and used for hunting both small and big game.



Playing cards, paper plates or plastic lids make good targets for knife throwing.



balanced. Sharp, double-edged knives should not be thrown, except by the handle.

Tomahawks — As for tomahawk throwing, McEvoy has recommended through his new video tape and his books and articles on the subject that certain basic features be present if the tomahawk is properly designed for throwing. These basics are as follows:

1. Have the "eye" of the tomahawk deep enough (1½ to 2½ inches) to avoid frequent handle breakage on improper throws.

2. The upper corner of the blade should be upswept about one inch above the top level of the hawk head. This corner is called "the leading edge" and is the part that should stick in the target wood with the handle pointing downward at approximately a 45-degree angle from the vertical face of the target.

3. The handle itself should be of a good grade of hickory if available and

tapered so that it is dropped into the "eye" from the top and thus tightens itself with use.

4. For greater accuracy the overall length of the handle should be about 16 inches, measuring from the top of the tomahawk head to the base of the handle. A longer handle can diminish accuracy in many cases. A good tip is to place your thumb on top of the handles as you grip it and let it act as a "pointer," which will greatly increase your accuracy. The same basic — the thumb on top to act as a "Pointer" — also applies to knife throwing.

In both of the twin sports the thrower should stand about 15 feet back from the vertical face of the target and make an overhand practice throw. Harry McEvoy also recommends that you stand in a sort of flat footed half crouch — a boxer's stance is similar — with left foot forward (if you are right handed, and the reverse if you are left handed.) You then wind up and make the throw with arm and shoulder doing most of the body movement.

The knife is released like it is hot, with no wrist snap, when your shoulder and the point of the knife are in one straight line and when you instinctively know you are lined up with your mark. This applies to either throw — by handle grip or blade grip — with only the distance to the target changed to allow for even spins or the one and one-half spins by the blade grip.

You will have to experiment a bit to adjust your distance so as to achieve a perfect stick with each throw. If the knife hits flat with point up, you will need to go back a foot or so, and if it hits point down you move a bit closer to the target. When you find the exact distance to stand for a perfect throw you should mark the spot, with a stake, dig a hole for your foot, but be sure to stand on that same spot each time you throw. The distance is always measured from the target to the back foot. The knife is always thrown hard and fast. With the tomahawk it is not necessary to throw hard, since the weight and balance of the hawk does the work for you, once it is properly in motion.

The overhand throw with knife and tomahawk is the basic way to throw these two great instruments and give the thrower the most power, velocity and accuracy. And if you are ever in a survival situation where a thrown knife or tomahawk can hopefully insure that survival, the basics of both weapons, just described, could make a big difference in the life or death of yourself or a loved one.

Also, many varieties of both small and big game have been successfully taken with knives and tomahawks and an experienced hunter with bow or gun, who is also familiar with the basics of stalking game animals can possibly fill his larder from time to time by a skillfully thrown knife or hawk.

Harry McEvoy would be pleased to send you information on his famous survival knife, the Tru-Bal Bowie-Axe knife, if you will send him a stamped and self-addressed envelope and a request for information on his knives, books and video tape directly to: Tru-Balance Knife Company, Dept. A, 2155 Tremont Blvd., N.W., Grand Rapids, MI 49504.

Good throwing. Observe sensible rules of safety at all times, and enjoy two of the most enjoyable recreational sports to be found anywhere! ●

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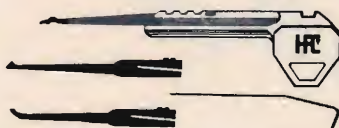
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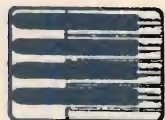


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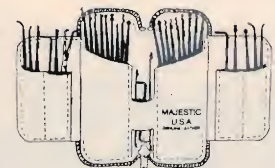
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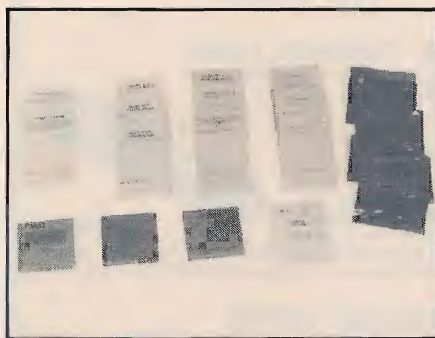
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kit but still want a three day supply of MRE type foods, there is the 3 Day Food Supply for \$12.50. Another kit available is an auto kit that stores in an ammo can. It contains food for four persons for 24 hours plus other supplies. This kit sells for \$33. For more information on all of these kits and for shipping prices contact: SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or outside Calif. (800) 533-7415. ●

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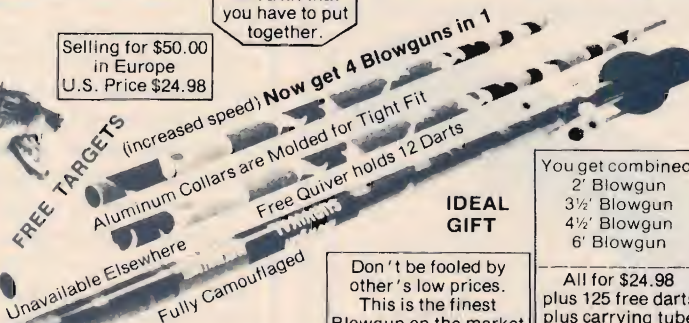
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Malaria (Continued from page 55)

Our freedom from malaria means that we have not been infected and, thus, have not developed the resistance that is one benefit of living in an area where malaria is endemic. Some groups with genetic blood abnormalities such as sickle cell anemia or the deficiency known as G6PD (found primarily among those with ancestors from Africa, Sicily, Sardinia, Thailand and Indonesia) are also resistant to the disease because their red blood cells do not provide the plasmodium with enough oxygen. Nursing infants whose diets are limited to mothers' milk also have some degree of immunity.

Our normal living standards do provide good protection from infection. Well lit, screened houses keep mosquitos out and away. Paved roads and walks, well-drained lawns, gardens and pastures limit breeding areas. And when we do go out at night, lights and insect repellents will often keep mosquitos away. We may also choose to wear light clothes with smooth surfaces in order to avoid attracting mosquitos. However, natural disasters such as Hurricane Hugo or the San Francisco earthquake may mean that we spend more time in unprotected circumstances such as being outside at night without repellents or lights. Citronella candles can help solve both problems in an emergency.

Spraying pesticides to kill mature mosquitos may be more damaging to the environment than it is to the pests, some of which mate before flying away from their natal ponds. It is more effective to encourage natural predators and to destroy larval forms by spreading oil or paraffin on puddles to cut off their oxygen. It is better still to eliminate standing water near homes and campgrounds. Although anopheles may continue to thrive in the wild, feeding on animals to mature her eggs, she cannot carry malaria unless both man and plasmodium intervene in her life cycle at precisely the right times.

These controls are particularly important as mosquitos and plasmodia have proven their ability to develop strains resistant to malarial treatments and pesticides. Intensified chemical efforts require stronger, more toxic compounds and endanger the environment and man more than the original, treatable forms of malaria. We can and must learn to manage our relationship with the mosquito in order to avoid destroying ourselves. ●

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A modification of the #684 which tends to give a Bowie appearance. This knife is being used by the Italian Navy in helicopters as an emergency knife.

This knife has a sleek design as well as sturdy construction and includes these features:

- 8 1/2" blade, 13 3/4" overall
- Solid brass guard
- Black micarta handles
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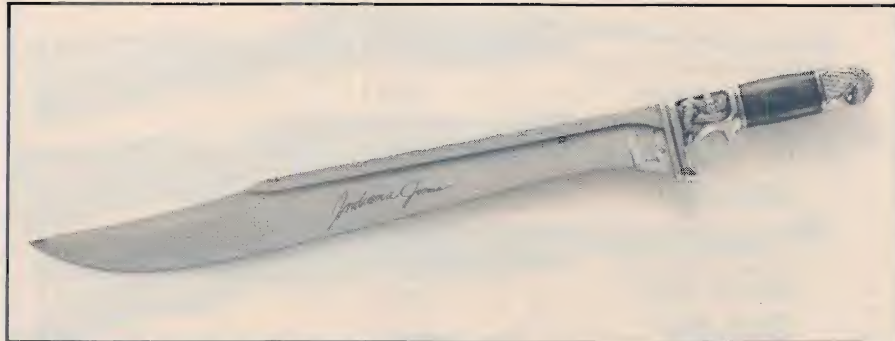
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NEW PRODUCTS

(Continued from page 15)



Khyber Bowie

This is the official, licensed knife as seen in the Indiana Jones movies. The two foot long knife (more like a sword or machete) is made of stainless steel with a brown hardwood handle. The spine of the blade is bright, shiny solid brass as well as the finger guard with its engraved snakes. The pommel is a solid brass eagle head. Weighs two pounds and comes with a USA made quality leather sheath. \$99.99 plus \$5.50 shipping. The Sportsman's Guide, 965 Decatur Ave. N., Dept. 69, Golden Valley, MN 55427; (612) 546-3849.



Aitor-Galax Knives

A new line of lockable knives has been introduced and is available through Catocin Cutlery. Known as

the Aitor-Galax Line, these knives are five-inch lockbacks with stainless steel blades of hardness between 55/58 Rockwell. Each knife comes with a genuine leather sheath and has a limited lifetime warranty. Several versions are available with durable blue or olive-green handles and nylon pouch. The top of the line model, the Galax-Stone, is made with a special composite that duplicates nature in the rich colors of granite. Contact: Catocin Cutlery, P.O. Box 188, 17 S. Main Street, Dept. ASG, Smithsburg, MD 21783; (301) 824-7416.



SOG-Pentagon

The Pentagon is a handy knife to have no matter what the situation may be. Whether it's having to cut someone out of a seatbelt, opening a stuck door, or trying to get home through an earthquake devastated city, the Pentagon promotes confidence. The five-inch stainless steel blade offers the instant choice of a serrated or bevel edge combined with a reinforced tip. The dual thumb notches on the blade along with the sleekly flared out Kraton handle provide optimal control. Comes with a black leather scabbard that utilizes an advanced clip for a variety of mountings. Overall length is 9 3/4 inches. Suggested retail is \$79.95. Contact: SOG Speciality Knives, P.O. Box 1024, Dept. ASG, Edmonds, WA 98020; (206) 771-6230.



Recoil Shock Buff

The Recoil Shock Buff is designed to prevent cracked and or broken frames and slides on pistols. There

have been reports of a few failures of the popular Beretta 92 9 mm pistol and other guns after thousands of rounds have been fired in them. The Recoil Shock Buff is intended as an inexpensive replacement component lasting for at least 5,000 rounds of firing. It is available for the Beretta 92 series guns, Taurus PT99, CZ75, Action Arms AT84 and all clones of these weapons. It will prolong the life of these guns indefinitely if replaced at the recommended intervals, saving money and reducing the risk of injury. The Recoil Shock Buff is \$39.95 plus \$1.50 S&H from T.M.P. Co., Dept. ASG, box 133, Custer City, PA 16725; (814) 362-2642.



First Aid Kits

SI is offering high quality first aid kits that are well suited for office and home use. The smaller version sells for \$34.95 and comes in a plastic fishing tackle-type box measuring 12 inches by seven inches. Included in the kit are: two rolls of four-inch gauze bandage, sterile strips for small cuts, ace bandage, cold pack, thermometer kit,

anti-germ cleansing soap, iodine swabstick, antichap lipstick, benzalkonium chloride towelettes. A larger kit sells for \$59.95 and is more comprehensive in bandaging supplies. Plastic lockable carrying case is 17 by 8 inches. Contact: SI Outdoor Food & Equipment, 435 W. Alondra Blvd., Dept. ASG, Gardena, CA 90248; (213) 324-8855 or (800) 533-7415 outside California. ●

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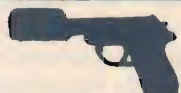
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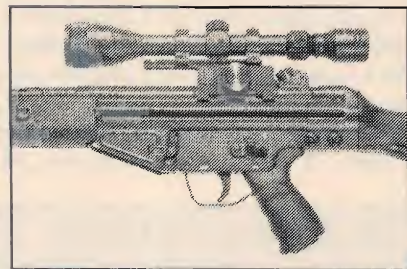
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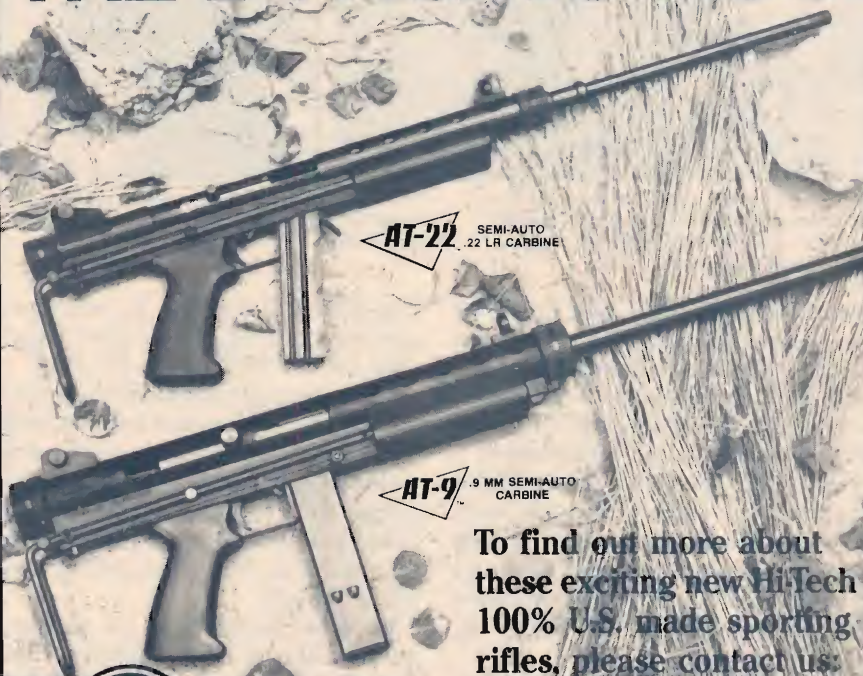
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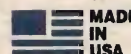
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SP89 9MM Pistol

(Continued from page 24)



The rear rotary sight is adjustable for windage and elevation (you will need the HK sight adjustment tool or a Phillips head screwdriver and a pair of small snap-ring retainer pliers). It has four settings with different sized square notches to provide different sight pictures for varying ranges and light conditions. Front sight post has a protective ring.



The SP89 will accept HK94 Carbine magazines, such as the 30-round HK94 magazine shown here, which are interchangeable with standard SP89 15-round magazines.



The high-impact plastic forepiece is made to keep hand and fingers off the barrel and help keep fingers away from the muzzle.

Test Shooting — We took the SP89 to a public shooting area with some Fiocchi 115-grain and Miwall 124-grain full metal jacketed ammunition as well as some 147-grain Federal Hydra-Shok jacketed hollow point ammunition.

We fired the gun with the 15-round magazine that came with it and with an HK94 30-round magazine. Firing was done from a rest at targets 35 and 40 yards away and without a rest from a standing position from about 15 yards.

There are four different sized square notch settings on the rear drum sight. This is the same sight as that used on the MP5 submachine gun and allows the user a choice of sight pictures for different distances and light conditions.

The SP89 will also take the same peep aperture rear sight drum that is standard on the HK91 and 93 rifles.

The factory specification trigger pull of the SP89 is from 5.75 to 7.7 pounds. We didn't have a trigger gauge with us to test our gun, which was new, but trigger pull seemed a little heavier than that to me, which is not unusual for a new gun. The take-up on the trigger is smooth.

We were pleased with the accuracy we obtained. At 40 yards with a gun rest we were shooting 4- and 5-inch groups—not the 2- to 3.5-inch groups advertised at a longer range but quite satisfactory for initial shooting with a gun we were relatively unfamiliar with and with a trigger pull on the

heavy side. It wouldn't take long to tighten those groups up.

We experienced one jam with the third of a three-round rapid fire string of the Hydra-Shok hollow points. The SP89 is designed to fire any good quality commercial 9 mm ammunition including hollow points and we were unable to determine the cause of this jam. Perhaps it had to do with the heavier weight of the bullet or its particularly sharp edge or the newness of the gun. The rest of the ammo was fired, rapidly or slowly, without any problems.

HK voids the 5-year limited warranty on the gun if "+P" or "+P+" ammunition is used in the SP89, which causes higher chamber pressures and increased wear, although the owner's manual states that it is safe to fire such ammunition in the SP89.

With loaded magazines, the SP89 weighs over 5 pounds. This is no lightweight pistol, and its large size does not make it a good choice for a concealed carry handgun.

The gun is muzzle heavy, reducing recoil and muzzle rise when firing. It's comfortable to handle and easy to aim using the excellent sights. One-handed shooting is not that difficult with this weapon, but using both hands gives the shooter much better control. With the exception of the jamming problem we experienced with hollow points in rapid fire, the SP89 performed superbly.

As a target or home/self defense firearm, the SP89 is in a class by itself. HK has produced another winner in its line of outstanding firearms. ●

HK SP89 Pistol: Tech Specs

Caliber 9 x 19 Luger (NATO)
Action/operation semiauto, recoil
(delayed roller-locked
bolt system)

Lengths:

Overall 12.8 inches
(about 13.75 with rear
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Barrel 4.5 inches
Rifling 6 groove, constant RH twist
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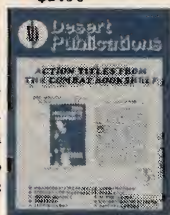
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SURVIVALIST DIRECTORY

THIS IS A CONFIDENTIAL listing of survivalists who wish to become known to others of like mind. *American Survival Guide* will accept properly coded mail and forward it to the coded addresses without charge. *American Survival Guide* accepts no responsibility for the contents or results of these confidential communications. Mass mailings are not permitted.

ASG 0801
Orem, Utah. Male, white, 20, seeks survivalist contacts. Starting homestead in Wyoming.

ASG 0802
Las Vegas, Nevada. I am interested in joining and working with a self supporting economic survival commune. Have experience in war survival and hard times under communist regime. Would like work with commune which can develop cottage industry, have several designs for cottage industry, new, never as yet introduced to market products. Have some experiences in defense and disaster preparedness. Interested in rural life, healthy and sane communal living. No religious or political extremists of any kinds.

ASG 0803
Colorado Springs, Colorado. Survivalist family in mid-30s. Husband is active duty Air Force. We believe that survivalism is not a dirty word, but a way of being prepared for any emergency. We are interested in sharing ideas, and information. All serious letters answered.

ASG 0804
Waupun, Wisconsin. Vietnam combat vet seeks contact with hardcore serious individuals and groups nationwide who are prepared to survive at all cost against all odds.

ASG 0805
Anchorage, Alaska. If you are of the mind to survive when others can't, let's talk. All aspects of survival are of interest.

ASG 0806
Cupertino, California. Low key, low profile, long time outdoorsman (and wife) with strong survivalist and self-defense skills seeks like minded people in this area. If you are prudent, practical and pragmatic, and put off by Armageddon oriented Rambos and racist liberals, let's network, share skills, interests and fellowship and consider support group for worst case scenario.

ASG 0807
Alaska. Man and wife mid-40s, wishing to relocate to Alaska. I am an employed EMT and Vietnam vet, now living in Nashville, Tennessee. Wishing correspondence with people or groups in Alaska, willing to work and pull our weight.

ASG 0808
Montreal, Canada. Paramilitary/survivalist group needs a few more good members in Montreal and Quebec area, also would like correspondence with others with same interest in same area.

ASG 0809
United States/World. Survivalist wishes to network with other survivalists. Singles, groups, publications welcome. Not afraid of strong ideas, everyone welcome.

ASG 0810
Southwestern Indiana. Young low-profile survivalist family. Would like to contact others in area of southern Indiana and southern Illinois to exchange information and ideas. Possible group formation. No gays, racists or Rambos.

ASG 0811
Texas Panhandle Area. Beginner survivalist, 31-year-old single white male, interested in learning anything possible on how to survive the coming years. Also, may be interested in joining group in Texas Panhandle, Oklahoma, or Southern Kansas.

ASG 0812
Nashville, Tennessee. We are a small group (security/survivalist) with various security, military and law enforcement backgrounds. We would like to make contact with other survival minded groups for possible exchange of information. We are also in search of three lost friends from 10 years ago. (1). Arnold Rawlings: USAF 2nd M.A.P.S. Little Rock, AR. (2). Nickname Tennessee: O.M.S. Little Rock, AR 1980-81. You came to my aid at the club incident. (3). Junior Ashley O.M.S. Little Rock AFB from Orange County, CA. Your father lives in Michigan.

ASG 0813
Eastern Shore, Maryland. 30-year-old survivalist/horseman and gun enthusiast seeks correspondence with people of similar interests.

ASG 0814
Mt. Morris, New York. Vietnam vet and Christian minister is starting survival camp and community for those who are fed up with America's being sold to foreign nations. We need hardworking dedicated 100 percent Americans who are interested in self sufficiency. Christian couples welcome. Will also train single women between 18 and 50 years who are interested in self sufficiency. Looking for larger land area to expand. No commies, racists, or gays.

ASG 0815
Calvert City, Kentucky. Wanting any information about survival strategies, weapons training, combat training and strategies. Knowledge on where to get survival supplies and first aid training. Have read books on survival and combat. Any letters will be accepted.

ASG 0816
Puerto Rico. Young male wants to form and organize a survival

group in PR area and to exchange ideas, information, etc. Families or singles are welcome. I'm a trainee in survival, martial arts, rappelling, weapons, communications. No gays, druggies or racists.

ASG 0817
South-central Kentucky. I am a 27-year-old divorced male survivalist and would like to hear from survivalists in the south-central Kentucky area about starting a survivalist paramilitary group in the area. All letters will be answered. No gays, nazis, communists or racists.

ASG 0818
Sacramento, California. Married white couple, him 40, ex-Nam Seal team 1 HM; she, medical background; seek to network with other couples, singles, families. Seek to establish with sweat equity along with others a safe haven and alternating sites. No discrimination on our part to politics, persuasion, social economic status or other denominator. If you've a skill or resource and are honest and will meet or otherwise allow verification of bonafides, we will network.

ASG 0819
Capital District Upstate New York. Survivalist, outdoorsman, light infantry mountain warfare trained, certified in first aid and CPR, trained in military communications, instructor in land navigation. Would like to hear from individuals or groups for sharing of skills. Also people interested in forming a Live Free chapter or similar group.

ASG 0820
Fort Wayne, Indiana. Survivalist family looking to contact other individuals or groups to share ideas/training. Husband — paramedic, former security policeman with combat training; wife — CNA. All serious inquiries answered.

ASG 0821
Central Kansas Area. SG being formed. Couple with children. SG experience, all phases, organization, management, training and utilization. Individuals and families with children welcome. Age and gender not relevant. Non profit, non political. No Rambos, racists, gays, drug, pacifists or new agers. All serious inquiries invited.

ASG 0822
North Alabama. I am a serious minded 20-year-old survival oriented male. I would like correspondence with other like minded individuals in the south in order to exchange ideas and information. Please write, including return address. No drugs or anti-Americans. All serious inquiries will be answered.

ASG 0823
Western Wyoming. 40-year-old avid bicyclist desires contact with others who feel we are close to economic and civil crises and would like to form small bicycle adventure group to travel lite and nomadic through the western US during future disasters. Prefer Christian values and belief in America. All ages welcome. All replies answered. No gays, commies, or illegal aliens.

ASG 0824
East Coast, Virginia. Ex-military "Navy" would like to join an elite group or survival group. I have my own equipment. I am ready for all.

ASG 0825
Sussex County, New Jersey. I am a low-profile 14-year-old interested in meeting anyone with the survivalist attitude. I am a black-belt in Tae Kwon Do which proves I can be serious in these important times. Very intelligent and well educated.

ASG 0826
Queens, New York City. Wilderness survival/civil defense explorer post looking for associate members. Monthly newsletter. Post advisor is Live Free life member, NRA instructor, wilderness survival instructor and military veteran. Post is open to all those interested in self-reliance, females and families very welcome. Right-wingers, leftists, racists or Rambos need not apply.

ASG 0827
Oregon Coast. Low profile, professional, hard working, survivalist couple, seeking compatible people to form group. S.A.S.E. please.

Address response letter as follows:

American Survival Guide
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2145 W. La Palma Avenue
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Your letters will be forwarded to persons listed within two days of receipt. *American Survival Guide* accepts no responsibility for loss or delay of letters. Contact letters that do not carry the appropriate code number will be discarded.

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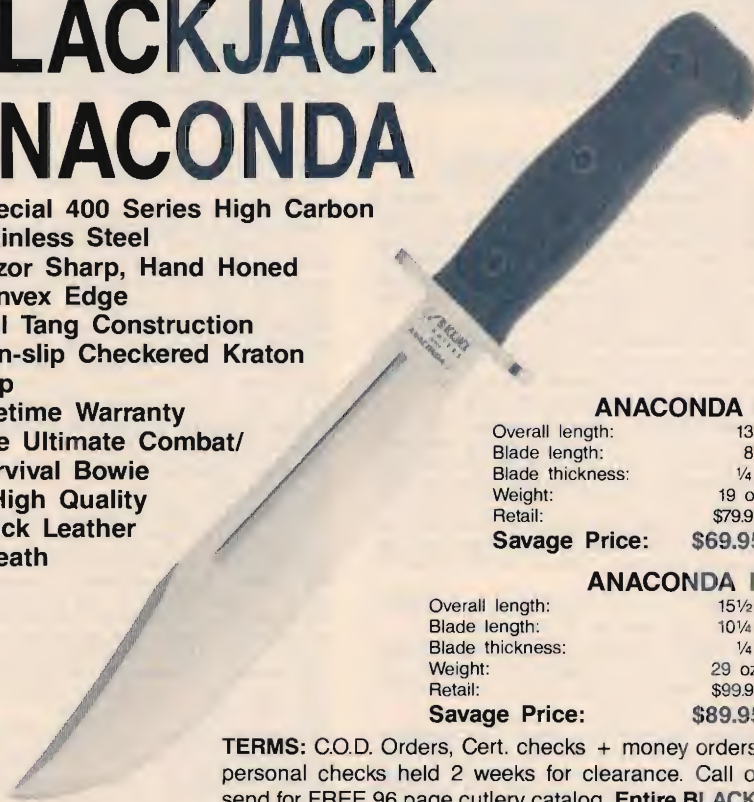
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MAIL CALL

Libertarian Party

While I am a regular reader of *ASG*, I am also a Libertarian, and NRA member. Your response to David Luff, Sterling, VA (5/90 issue), contrasts with the title of your magazine. Does not America represent individual and economic liberty, coupled with personal responsibility? Yet, we have seen direct from the mouths of the elected politicians, Democrats and Republicans, words and actions to remove from us those very freedoms we both cherish, including the Second Amendment. It should be noted that there are just as many anti-firearms Republicans as there are Democrats. Yet both of these groups also desire to increase their ability to force the rest of the citizenry to give up our rights so that a few groups can exercise privilege as a substitute for liberty. Voting Libertarian may be (and is in some cases), the only choice available on the ballot. Note the rapid extinction of the Republican Party in the People's Republic of TAXachusetts, wherein the Libertarian Party is about the only competition for the Democrats (led by Mike DoTAXus). Running down a pro-liberty political party, as an excuse for endorsing the major (number 1 & 2, depending on location) party in all its disguises, leads not to more freedom, but to less.

Howard L. Wilson, Jr.
Libertarian

In California, the state Legislature's votes on major anti-gun legislation have all been split generally with most Republicans voting pro-gun and most Democrats voting anti-gun. Obviously, there have been some notable exceptions to this situation, but the Democrats, whose party now is home to many of the radical political left, tend to be far more anti-gun than the Republicans. We are in favor of pro-gun office holders no matter what party affiliation they have. Since the Libertarian Party generally does poorly against the Democrats and Republicans, we see a danger in endorsing them. However, we like their views on gun control and will be running an article written by

a Libertarian candidate for the party's presidential nomination in 1992.

Time Magazine

I loved your essay "Fighting back effectively..." June 1990 issue. Here is the text of a little message I am sending to advertisers in *Time*: "I saw your ad in *Time*. I will never knowingly buy anything advertised in *Time*. *Time* is the most strident of the enemies of our rights under the Second Amendment. Ironically, it is under the aegis of the First Amendment that *Time* has liberty to shrill hatred and contempt for our rights under the Second Amendment. The whole point of the Second Amendment is that the American people are to be legally armed to protect self, homeland and Constitution."

Don Cable
McGill, Nevada

Ad Censorship

I am writing to you because I am concerned with your response to a letter from Paul Finch in Mail Call (May 1990). Mr. Finch seems to believe that the ad on page 23 of your February 1990 issue is pornographic in nature. You state that you do not consider the ad to be pornographic, and I agree, but you further state that you will not be running the ad again. Why not? Did the advertiser withdraw the ad, or has *ASG* adopted a policy of censorship? We cannot allow a few prudish people to dictate our First Amendment rights anymore than we can allow the few hoplophobes in the country to dictate our Second Amendment rights.

Michael E. Chesbro
APO, New York

The ad, for a video tape of topless women firing machine guns, was scheduled to run three times and it did. Several readers wrote that they found it offensive. We acknowledge their concern and will consider that should we receive this type of ad in the future.

Mexican Gun Control

For the last two years I have watched at a distance as the American political machine has battled over the issue of

gun control. As an American citizen living in mid-western Mexico, I have had firsthand witness of a "democratic" nation that has done away with the check of citizen-owned firearms. We can realistically apply the present state of Mexico to a firearms-confiscated United States. As predicted, the once checked government has spilled over into widespread social abuses. It is commonly recognized that the federal structure is riddled with corruption. Each official leaves office a very wealthy man. Voting is a joke, with rigged results and a single, powerful party as victor in every "election." When the citizens wish to protest, there is little they can do and the government largely ignores them. Secondly, the myth that gun control reduces violent crime is, here, frankly disproved. In this state, where the average man is denied the right to bear capable arms, shootings and domestic murders are rampant. The difference here is that almost all guns are possessed by narco-traficantes (drug traffickers) or street thugs. Citizens live in fear of gun owners because virtually every gun owner is a criminal or part of the inhumane police force. Every house has barred windows, reinforced steel doors, and often a high protective fence with barbed wire or glass shards stuck in cement on top. I am often asked by amazed Mexicans why American homes rarely have similar protection. The truth is, that with an estimated 50 percent of American homes armed, the protection is inside, and an intruder would have to be crazy to try a forced entry while the occupants were inside.

Jayson Orvis
Villa Union, Nayarit
Mexico

TEC 22 Pistol

I enjoy your magazine very much. In the May 1990 issue, you tested the TEC 22 pistol and mentioned some jamming problems. I own a TEC 22 and have had the same problem. I switched over to the single column 30 round RAM-LINE magazines for the 10/22 and it seems to have helped.

Marc S. Dalla Costa
Cordova, Alaska ●

Nov. 6, 1990:

Guns & Voting

By Elliott Graham

The author was the founder of the original American Pistol and Revolver Association, which is now the American Pistol & Rifle Association, of which he is the Los Angeles County chairman today as well as a national director of the National Association to Keep & Bear Arms and a Life Member of all the major pro-gun organizations, including the NRA, of which he is an Endowment Member — The editors.

WHEN President Lyndon Johnson violated his oath of office by signing into law The Federal Firearms Act of 1968 which infringed upon our constitutionally guaranteed Second Amendment right to keep and bear arms, I realized then, that unless this and other unconstitutional laws are repealed, legal private gun ownership of any practical defense weapon will eventually become non-existent.

Shortly thereafter, I received a petition in the mail urging repeal of Federal Firearms Act of 1968 printed and distributed by the National Association to Keep & Bear Arms. As soon as I read this, I signed and circulated my petition and asked why the NRA wasn't doing something like this. When I sent in the petition, I also joined the National Association to Keep and Bear Arms as a Life Member and asked for more petitions.

Having already been a political activist for candidates, I then became a political activist for our gun rights cause and in 1974 I ran for a seat in the U.S. Congress against gun prohibitionists in both the primary and general elections, but did not receive enough support from fellow gun owners to win in the November General Election in 1974.

When I asked the NRA for their help, I was told, "We are not set up to help in political campaigns." Of course, that was before its Institute for Legislative Action was formed.

In 1975, when the big media campaign to "ban handguns" began, I got busy and organized a national handgun association which I almost named "The National Pistol Association," but decided on using the name "American Pistol and Revolver Association" instead. Since then, several gun clubs and patriotic organizations have affiliated with "APRA" which was later

Unless unconstitutional laws are repealed, legal gun ownership will eventually become non-existent...

reorganized in 1978 by Dr. John Grady, M.D. as the "American Pistol & Rifle Association." He predicted that all guns will become the target of politicians and by the new bans on "assault" rifles, he was proved right.

Few people know that the big push to prohibit the ownership of military style semi-automatic rifles that look like their automatic military counterparts was started *before* Patrick Purdy pulled the trigger in the school yard. California Attorney General John Van de Kamp and California's top law enforcement officials like Los Angeles County Sheriff Sherman Block were trying to get legislation passed to ban these types of guns during the year before this incident occurred. The Stockton school shootings acted as a catalyst for this legislation's passage last year in California.

The media blitz, local city and county ordinances and state laws were orchestrated to deceive people into thinking that this is just a local solution to a particular firearm such as the AK-47 in Stockton, Los Angeles or in California, but it isn't. Nor is it *only* a national goal.

It is now part of a *world* wide international *disarmament* plan for a one-world police state where our citizens will no longer have any rights.

This is why this "gun control" movement is happening everywhere and at the same time as talk about using our closed military bases for *more* prison space. They will need more prison space for the *new* "criminals" who refuse to turn in their guns after being denied permits to keep them.

What amazes me most are the many gun enthusiasts that I meet at gun shows who agree with me that our politicians hate guns because they want to become our *masters* yet are *not even registered to vote*. And they don't even know who their local, state and federal representatives are.

Also equally amazing are those who always *vote for the incumbents* in office while complaining about how bad they are. If they are so bad, why don't they vote against them?

If they are afraid that the challenger could be worse, then why don't they ask around at gun clubs, gun shows, gun shops and wherever gun lovers congregate about who they should vote for?

If an anti-gun establishment newspaper like *The New York Times* or the *Los Angeles Times* endorses candidates that they like, then why aren't our people at least smart enough to *vote against* these candidates?

Now, the smart gun owners join gun organizations like the American Pistol and Rifle Association, N.A.K.B.A. or similar pro-gun groups and look at the list of recommended candidates or at the names of the good officeholders appearing on the letterhead of that organization. After all, isn't our freedom worth a *lot* more than just the price of a telephone call or dues for membership in a pro-gun organization?

You can also receive valuable information on gun legislation, including copies of the actual gun bills that have been voted on or that are being considered.

Isn't it also interesting to know that it is the very same legislators who *oppose* the death penalty, more prisons, longer sentences and who favor the A.C.L.U. soft-on-crime programs who also want to prohibit the decent *law abiding* citizens from having the means to *protect* themselves from the same criminals who these "bleeding heart liberals" protect?

Far too often, I meet gun owners who think that their gun is a magic wand that can solve all the world's problems. That is just as ridiculous as those religious fanatics who say, "I don't need a gun, because God will protect me."

For those who think that they can

hide away their gun, how would you explain your self-defense shooting of a dangerous criminal who tried to rape your wife or kidnap your kid? Would you try to extract the bullet and explain that you used a kitchen knife instead?

I strongly suggest that you get active in the political fight now! It is much easier to win a political battle than a real blood-and-guts battle against professionally trained and far better equipped government troops who have the very latest equipment, including night vision and listening devices.

Now is the time for all of us to really get smart. Let's register to vote. Join a responsible pro-gun organization. Ask about who is worthy of our vote, tell all of our friends about who they must support and vote for and then let's all make an example of the gun prohibitionists by defeating them at the polls this November 6th, so that members of our United States Congress will know that they will be on their way out, too, if they vote away our gun rights, which is our individual right and not a government granted privilege.

Congress will more than likely pass federal legislation against us if we just sit at home and fail to vote against those who already have legislated away our gun rights.

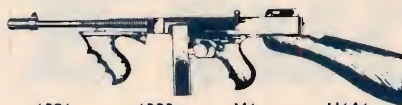
If you don't think that we can win at the polls, then how do you think we will win in the battlefield against a repressive government resulting from our side losing at the polls? Remember Edmund Burke's slogan: "All that is necessary for the triumph of evil is for good men to do nothing." I strongly recommend that you and your friends join the American Pistol & Rifle Association, Box USA, Benton, Tennessee 37307 and/or the National Association to Keep & Bear Arms, P.O. Box 78336, Seattle, WA 98178. Ask questions, recruit others and work to defeat all of the politicians who voted for any gun bill.

If they are not voted out this year, they will be back to do more damage to our freedom next year. This is the year to replace them with new legislators who will restore our rights by repealing the bad legislation. We need to elect only those who will take the offensive and repeal all of our unconstitutional gun laws. As they say: "When the going gets tough, the tough had better get going!"

Whatever you do, please write down the word **VOTE** in your calendar or appointment book under Tuesday, November 6th, 1990, as this is the day to vote for our most precious freedom. ●

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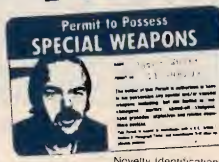
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Without a Trace

Ten tips for low-impact camping. . .

By Scott Stoddard

Low-impact camping means tread lightly. Protect rather than destroy. Leave it cleaner than you found it. Melt into the environment and leave no trace. Above all, it's an attitude and method for healthy living in the outdoors.

This style of camping has nothing to do with tree hugging environmentalists, Hollywood rock stars, or liberal politicians. Low-impact camping isn't a fad, it's not exclusively for yuppie backpackers who look like they've stepped out of an L.L. Bean catalog.

Minimum impact involves principles that most outdoorsmen and survivalists can appreciate: the nomad's respect for the land, the guerrilla warrior's stealth, the American Indian's harmonious use of nature. The following ten tips are guidelines for low-impact camping. See how many you have already incorporated into your own camping techniques.

1. Prepare well — don't plan on living off the land. Bring clothing and equipment that will keep you warm, dry and comfortable. Know the basics of first aid, navigation, and survival. Take adequate food and water. Know all you can about your area and the route you will take.

2. Management guidelines — follow the guidelines set forth by the appropriate land manager (e.g., U.S. Forest Service, National or State Park Service, or Bureau of Land Management). Obtain the proper wilderness and fire permits ahead of time and know the guidelines. The wilderness is managed for reasons of preservation and solitude. Regulations governing group size, fires, cans and bottles, mechanized vehicles and basic conduct help protect the land and the quality of experience for users.

3. Trail use — select footwear that is appropriate for comfort, safety and



Low-impact camping is a sign of respect for the land and fellow campers.


the terrain. Heavy, lug-soled boots have an adverse impact on fragile terrain. Use a light pair of boots for safety reasons and then switch to well cushioned running shoes whenever possible. Moccasins in camp will even further lessen your impact. Avoid the desire to shortcut switchbacks. When taking a rest break, choose a hardened area slightly off the trail that will absorb your impact. Avoid trampling vegetation and contributing to soil erosion — hike on the trail only. Cross-country travel requires experience and an extra sensitive back-country traveler.

4. Selecting a campsite — locate your site at least 100 feet away from natural water sources. The site should be level with adequate water runoff. Leave pine needles, leaves and soil in their place. It's alright to remove small rocks and pebbles, but don't bulldoze your tent site. Use a waterproof ground cloth under your tent and avoid digging ditches around your tent site.

Generally, it's better to use an area that has been previously used so as to eliminate further expansion of the camp. Try to position your tent so that it blends in with the surroundings.

5. Sanitation — always use established latrines if they are provided. Where there is no outhouse, take a garden trowel and dig a small hole at least 100 feet away from water sources, potential runoffs, trails and campsites. Try to find biologically active soil so that wastes will decompose. Sand or decomposed granite soil is porous and allows organisms to leach into the water table. Tampons, sanitary napkins and disposable diapers should never be buried. Burn them in an existing fire ring.

6. Fires — Use existing fire rings and keep fires small. In many areas, campfires are totally inappropriate because of limited wood supply or danger of forest fire. If you must have a fire, use only dead and down wood.



Obtain wilderness permits and learn the guidelines pertaining to the areas you will be camping in.



Choose a campsite that is level with adequate water runoff. Avoid trampling delicate vegetation.

Even when fire is possible, consider your options; cooking over a propane stove is a lot cleaner and your clothes won't get saturated with wood smoke. You may be richly rewarded by interesting sights and sounds usually hidden by the fire's draw.

7. Garbage — carry out what garbage you can't burn. Have several large plastic garbage bags on hand — besides carrying garbage, they make good raincoats and backpack covers. Before leaving your campsite, sift through the ashes in your fire ring for pieces of foil or metal. Smokers should be aware of what they are doing with their cigarette butts. If you fish, burn or carry out the entrails. Never bury food or trash. Animals will dig it up and may become sick. When you leave the area, make sure it is spotless. Pick up any trash as soon as you encounter it — even if you weren't the one to drop it.

8. Dishwashing — never wash dishes in rivers or streams. Stay at least 100 feet away from water sources and use only a minimal amount of biodegradable soap if you must. One of the best methods for washing dishes is as follows: wipe off remaining food with toilet paper or paper towel (burn this in the fire). Scrub off remaining food using a little biodegradable soap and wipe totally clean with paper towel. Now rinse pot or dish with boiling/very hot water. Wipe dry and place in the sun for complete drying. This method uses very little water and hardly any soap. For this method to work, you need to start heating water as soon as you begin to prepare your meal. Clean the dishes as soon as you're finished eating. To prevent soot build-



Use existing fire rings and keep fires small. Campfires may be inappropriate in some areas.



Cooking over a backpack stove is cleaner, and you won't get smoke in your eyes.

Without a Trace



Clean fish, dishes and yourself at least 100 feet away from natural water sources.



Avoid loud talking or singing. Loud music destroys the solitude many campers are seeking.



Use only biodegradable soap for washing chores. Never bathe in rivers or streams.

up when using wood fires, coat the bottom of your pots and pans with liquid dish soap before placing over the fire. The soot will wipe right off during cleanup.

9. Washing yourself — just as with dishwashing, stay at least 100 feet from all water sources. Use only a little biodegradable soap. Solar showers work great. They hold about two gallons and come with a hose and nozzle. One half of the vinyl bag is black to absorb the sun's energy. After a few hours the water is heated to around 100 degrees. The bag is then hung from a tree limb in a secluded place at least 100 feet from water sources. A great way to take a wilderness shower! Remember — bathing in streams is a no-no and can spread diseases like dysentery and Giardia. At the very least, heat up a pot of water and have a sponge bath

in your tent.

10. Impact on fellow campers — people go camping to get away from loud music, smog, traffic, people, and civilization in general. Keep groups small and speak softly. Save rowdy games and songs for another time. Leave pets at home and try to blend your camp into the surroundings. Be thoughtful of your fellow campers and conserve the peace and solitude that they have traveled many miles to attain. "Slob" campers with their destructive practices will never really appreciate the rejuvenation and spiritual qualities found in nature. Maybe it's a good thing they are more likely to be "car" campers. With a few good miles separating yourself and the roadhead you'll be relishing the high-impact of being in tune with the wilderness. ●

Summer Emergencies

(Continued from page 27)

70 degrees F.), the Mammalian Dive Reflex is put into play. The body's metabolism shuts down and blood is kept in the vital areas of the body, the chest and head. This is what happens when you see the news or read the newspaper and items pop up about people being saved from icy waters.

This Mammalian Dive Reflex has changed most thinking about drowning. You are not dead until warmed and then dead. Even in summer, water can be below 70 degrees F. below the thermocline. In most cases you do not know how long the victims have been under water. Try in all cases to save drowning victims. There have been cases of up to nearly one hour of immersion who have survived.

Plant Poisoning — In the United States, the most common poison plants are poison ivy, poison oak, and poison sumac.

They can cause itchy, swollen skin areas, sometimes with blisters.

You should immediately remove the victim from the immediate area where the plants are and remove the clothing that covers or is near the affected area. The area should be washed with water, ideally with soap and water. A dressing should be applied and a doctor's care sought out if any complications occur, or if the condition does not improve.

Insect Stings — Most people when stung by insects have no more than temporary discomfort. About five percent of the population are allergic to insect stings and the complications can vary from very minor to severe anaphylactic shock. More often than not, swelling and itching will occur.

If stung, realize that wasps, hornets, and yellowjackets retain their stingers and can sting again. Honey bees sting only once as they leave their stinger in their victim. Also left is a venom sac.

If stung and the stinger has left a stinger and venom sac, do not grasp them and squeeze or pull as this will inject some or all of the remaining poison. Scrape the sac and stinger away from the wound with a knife blade, scissors, or fingernail.

When there is a severe allergic reaction, a type of shock can develop. This shock is anaphylactic shock. Be alert for this as it can come on after some period of time following the sting.

Anaphylactic shock presents itself with skin that itches and burns, often about the face and mouth. Also there can be difficulty in breathing, anxiety, dizziness, headaches, and nausea.

Look for blotches about the skin. The victim might wheeze when attempting to breathe. Other signs of shock might occur: rapid, weak pulse, and a decreased level of consciousness. Often the face and tongue will swell.

What do you do? Treat the victim of anaphylactic shock as you would any other form of shock. Priorities are the

HEAT EXHAUSTION

weak pulse
general weakness
shallow and rapid breathing
cool, clammy skin
heavy perspiring

HEAT STROKE

full, rapid pulse
general weakness
deep, then shallow breathing
hot, dry skin
no perspiring

ANAPHYLACTIC SHOCK

headache
painful, difficult breathing, sometimes with wheezes
anxiety
chest pain
itching skin, often about the face and chest
possible decrease in the level of consciousness
rapid, weak pulse
blotchy skin
possible dropping blood pressure

ABCs. Assure an open airway, make sure the victim is breathing, and check to see that a pulse is felt. If possible, provide oxygen, and transport to a doctor or hospital as soon as possible. Often, individuals who have a known sensitivity to insect stings have available a kit containing an antihistamine such as injectable epinephrine. Have this readied for the victim as they are probably trained to use it. If you need to assist, read the instructions and follow them closely. The victim may improve after the medication is given, but needs to have follow-up care given by a doctor, so see that transportation is arranged.

Summer is a fun time of year. I hope that I have alerted you to some of its hazards and what to do if they are encountered. ●

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Lost

(Continued from page 22)

Another suggestion is to always try to maintain a reserve of energy for the late afternoon, when you may need to climb a hill or walk a road to determine where you are. When my sons were young, I used to preach that message to them often.

One day my eldest boy and I followed elk through to a small road, arriving just at dark. We hiked 11 miles down the road to a tiny town without meeting a single rig that could have given us a ride. In town, we watched in disgust as our buddies pulled out 300 yards ahead and drove three more miles back to camp. By the end of that march, we were genuinely happy we hadn't hit the road at dark, bone tired.

Along with that suggestion, there is the related matter of carrying a lunch. I suggest a very large lunch that you don't eat until late in the day. Never eat all your grub before 2:00 in the afternoon. You may need the energy later, or you may want to save a bit of food for the following morning.

There are rabbits, porcupines, squirrels, cattails and water lilies to eat in the bush, but finding them at dusk is a tough deal. You'd be better off spending your time stacking up firewood. Wait till morning to decide on any extensive food-gathering program.

I always get a tickle out of outdoor advisors who suggest firing into the air three times if you are lost. My suggestion is that you save your ammunition and throw your knife into the air three times instead.

If you decide to shoot, wait till well after dark, and then fire once. The sound will carry farther and will be noticed. During the day, a gun shot just sounds like another deer hunter putting meat in the pot. At night, you may even arouse the interest of a possum sheriff out looking for deer poachers.

Depending on where you are, a large fire built at night can be seen for several miles. However, smart buddies who see the fire will note your location and assume you are okay. They will not try to come to your aid that night.

Storms — The worst lost conditions are those that occur when the weather closes down movement and visibility becomes very limited. Like a good pilot, learn to read the weather, and stay close to camp if things look like they are going to get tough. Stay on known

trails, and don't strike out across country unless it is absolutely necessary.

Moving in a storm or in very flat, open country without landmarks is similar to navigating on the ocean. Use a compass, travel in a cardinal direction, and keep track of the time. Then it is possible to figure out, for instance, that you walked an hour at 1½ miles per hour in a direction, across country — about 1¼ miles in width — and that it is about time to be at the target boundary river, or whatever.

Most people, my uncle claimed, grossly over-estimate the distances they have traveled or underestimate the time it will take. If you are a sometimes-woodsman, a full mile across country may be a hell of a long hike. It may take you two hours of hard going. Getting unlost is much easier if you have some general knowledge of how far you are able to travel in difficult terrain and conditions, in a given period of time.

The excellent old Indian adage is that, when in doubt, you probably haven't gone far enough. Almost invariably, camp is still on ahead. This assumes that you, like the Indians of old, haven't lost your head.

I don't carry a lot of gear with me when I am scouting through the bush. In my opinion, large knives, belt axes, collapsible fishing poles, portable toilets, first aid kits, climbing rope, hard hats and chain saws are best left in camp. I am careful, however, to dress for the day and to carry gloves.

Gloves, for me, are important to use to keep warm, if camping under a tree becomes necessary. I have already mentioned matches, a lunch, proper clothing, and perhaps at minimum, a .22 pistol. For a knife, I like a small folding model.

Readers probably have gathered from the subdued tone of this article that for me, getting lost is not big deal. The exception occurs when you venture out improperly dressed without having looked at a map or having someone explain the country, and without at least a little basic equipment. That only happens if you allow it to, although getting lost sometimes occurs due to circumstances beyond a person's control.

The goal, then, as I have explained, is not to allow the situation to become serious, but to logically work out a valid rescue plan for yourself. ●

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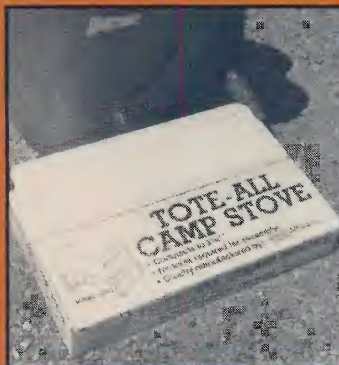
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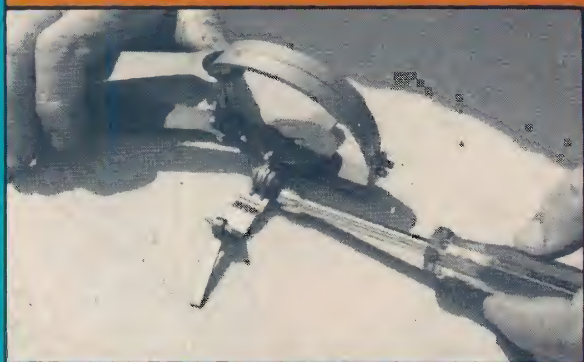
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